

# Connecticut Guardian

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## A little bit of history repeating *Infantry battalion continues storied tradition of service*

SPC. JORDAN E. WERME  
65<sup>TH</sup> PCH

Since June 26, 1672 the 102<sup>nd</sup> Infantry Battalion has been a part of the nation's military fighting force. After being redesignated in 1739 and 1847, the 102<sup>nd</sup> fought in numerous campaigns during the Civil War. And on July 6, 1865, the Connecticut Army National Guard added the 102<sup>nd</sup> Infantry to its ranks.

Throughout the unit's history, the 102<sup>nd</sup> has made active contributions during the Revolutionary War, Civil War, World War I and World War II. More recently, elements of the battalion have been called to duty in Bosnia and Iraq.

Now, in one of the largest single unit deployments in Connecticut history, the 102<sup>nd</sup> Infantry Battalion is on its way to Afghanistan.

This deployment follows a previous

mobilization of Company C, 102<sup>nd</sup> Infantry, which returned from Iraq early last year. Of the Soldiers headed to Afghanistan, only a handful were a part of the group that spent more than year in Iraq and lost two of its members, Sgt. Felix Del Greco and Spc. Robert Hoyt, in combat.

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**"When you call out the Guard, you call out America."**

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*Maj. Gen. Thaddeus Martin*

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On Jan. 5, a crowd of more than 1,500 friends, family and other supporters gathered at Payne Whitney Gymnasium, Yale University, New Haven, to express their love and encouragement to the nearly 500 Soldiers of the 102<sup>nd</sup> Infantry Battalion.

The battalion, recently augmented for deployment by the inclusion of several Soldiers formerly with the 242<sup>nd</sup> Engineer Battalion, was acknowledged and celebrated in a traditional National Guard send-off ceremony.

Among those to address the assembled Soldiers and families were Governor M. Jodi Rell and Maj. Gen. Thad Martin, adjutant general. The Soldiers of the 102<sup>nd</sup> Infantry represent 135 of the 169 cities and towns of Connecticut, said Martin.

"Responding to any national call is nothing new for members of the Connecticut National Guard," said Martin. "When you call out the Guard, you call out America."

With the nearly 500 Soldiers of the 102<sup>nd</sup> Infantry Battalion, that call has been answered, loudly, by more than 300 years of history.

## *Car destroyed, others saved in Base fire*

CAPT. DAVID DESKIS  
CONNECTICUT AIR NATIONAL GUARD F.D.

A report of a fire in the Bradley Air National Guard Base deployment parking lot on Jan. 24 spurred quick action by the Base Fire Department.

After receiving the report from a base civilian employee, Capt. David Deskis, a State of Connecticut employee with the fire department quickly rushed out of his office into the apparatus bay to look out into the parking lot. Deskis saw 10-foot flames and heavy smoke coming from one of the cars which was owned by a guard member deployed to Puerto Rico.

The fire department quickly was put into action by dispatching the Connecticut Air National Guard's 2000 gallon water Tanker apparatus and a Rescue company. Tanker 5 arrived on scene first, while Rescue 51 was responding back to the base from the Connecticut Fire Academy.

Deskis pulled a 1 3/4 handline from Tanker 58 until the arrival of Rescue 51. Rescue 51 arrived on scene within two minutes from being dispatched. Firefighters Eric Clarke and Brian Ellis, also State employees, went into action extinguishing the car fire.

The parking lot was full at the time due to two deployments, and could have been a disaster with so many cars being parked there. One other vehicle was damaged in the incident. There were no injuries reported.



A Bradley Air National Guard Base firefighter works to extinguish a car fire on Base. The car was parked in the deployment parking lot and the fire damaged one other vehicle in the lot before being brought under control. (Photo courtesy Capt. David Deskis)



More than 1,500 family friends and supporters showed up to honor the Soldiers of the 1st Battalion, 102nd Infantry during a send-off ceremony held for them in January. The battalion is deploying to Afghanistan. (Photo by Pvt. Joshua C. Johnson, 65th PCH)



## Commander's Corner

### Air Force Maj. Gen. Terry Scherling first woman to lead National Guard Bureau's Joint Staff: Has Connecticut ties

Air Force Maj. Gen. Terry Scherling was named director of the National Guard Bureau's Joint Staff according to a press release issued by NGB. Scherling is the first woman to lead the Joint Staff. Scherling assumed her new duties Jan. 3.

During Hurricane Katrina, Scherling was responsible for the Joint Staff Crisis Action Team which kept the chairman of the Joint Chiefs of Staff, the secretary of defense and the president informed about the Department of Defense's response and recovery efforts.

Scherling was commissioned in 1975 and is a graduate of North Dakota State University. She has served as a wing Chief of Supply; the Chief, Supply Division, Air National Guard; and has commanded at a state headquarters as a U.S. Property and Fiscal Officer. She has also served as the Chief Support Officer for the Air National

Guard. After Sept. 11, 2001, the general led the stand up of the Directorate of Homeland Security, Deputy Chief of Staff for Air and Space Operations, Headquarters U.S. Air Force, providing total force support to operations Noble Eagle and Enduring Freedom.

Scherling was the Chief of Staff, Connecticut Air National Guard and Director of the Joint Staff, Connecticut National Guard, concurrent with service as a member of the Senior Executive Service with the Transportation Security Administration, Department of Homeland Security.

Prior to her current position, General Scherling was the Deputy Director for Antiterrorism and Homeland Defense and the Joint Director for Military Support, Operations Directorate, the Joint Staff. She served as the military adviser to the Chairman of the Joint Chiefs of Staff and Secretary of

Defense for matters related to domestic military operations, and she provided support to operations Noble Eagle, Enduring Freedom, Iraqi Freedom and Winter Freeze as well as Hurricane Katrina. The general is a career logistician.

Scherling's numerous awards include the Legion of Merit and the meritorious Service Medal. She holds both the Air Force and Army commendation medals. She is the mother of a National Guardsman, Airman 1st Class Nicholas Scherling of the District of Columbia Air National Guard.



MAJ. GEN.  
TERRY SCHERLING

### Chief Master Sergeant of the Air Force announces retirement

SECRETARY OF THE AIR FORCE, OFFICE OF PUBLIC AFFAIRS PRESS RELEASE

WASHINGTON - The 14th Chief Master Sergeant of the Air Force, Gerald R. Murray, announced plans to retire this summer after serving more than 28 years. Chief Murray has served as the Chief Master Sergeant of the Air Force since July 1, 2002.

"I've grown up as an Airman," said Murray who enlisted in October of 1977 from his childhood home in Boiling Springs, NC. "The Air Force has been a way of life for me for so long, I know it will be bittersweet to say farewell. I've been tremendously blessed in my personal and professional life and I owe a great deal to those Air Force leaders, mentors and peers who helped me throughout my career. I have found that the Air Force has given back to my family and me 10 times what I have given to it, and I am truly grateful."

"I'm also grateful to have represented the best enlisted force in the world to our senior leaders, to Congress, and to the American public," said Murray. "It's truly been an honor to serve with such outstanding Airmen and great Americans. While my retirement will take me away from active duty status, I will always be an Airman."

Murray's official retirement date is Oct. 1, 2006, but a formal ceremony and appointment for the 15th Chief Master Sergeant of the Air Force is planned for June 30, 2006. The Air Force Chief of Staff selects the individual to fill the position of Chief Master Sergeant of the Air Force. Each

Major Command/DRU Commander and Deputy Chiefs of Staff can nominate potential successors from within their respective commands.



Chief Master Sgt. of the Air Force Gerald R. Murray has announced his retirement effective Oct. 1. Murray was the first Chief Master Sergeant of the Air Force to address the Enlisted Associated of the National Guard of the U.S. He is shown here during that address in Orlando in August 2005. (Guardian file photo by Sgt. 1st Class Debbi Newton, State PA NCO)

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First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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*Thank you,  
Families, for  
all that you  
do and all  
that you  
sacrifice.*

*We are  
indebted to  
you.*





# They've returned home: now they return to drilling status ASG honored with Freedom Salute

Pfc. JOSHUA C. JOHNSON  
65<sup>TH</sup> PCH

The 143<sup>rd</sup> Area support Group was honored for their deployment to Iraq in support of Operation Iraqi Freedom at a Welcome Home and Freedom Salute Ceremony at Newington High School Jan. 21.

As the Soldiers received their medals and awards, their families were equally recognized for their sacrifices during their loved ones' deployment.

"To the Soldiers, you have an awful lot to be proud of," said Gov. M. Jodi Rell. "The 143<sup>rd</sup> ASG was the first National Guard unit to support an American embassy. I thank you for your service. And to the families, support is the toughest job in the world. Support picks up the pieces and runs the day to day activities. I thank you for your sacrifice."

"We asked them to put their lives on hold," said Maj. Gen. Thaddeus J. Martin, adjutant general.

"Look out into those ranks and calculate how many holidays, birthdays and special events were missed over their 18-month deployment."

"These last few months were different," said Sgt. Carlos M. Rosario. "Last Christmas in Iraq I just had a nice dinner, but this Christmas I opened presents with my son. That was a good thing."

"It's been a little hectic," said Rosario, who is now an accountant at the Hartford Armory. "It's hard to just let go, to trust that it's over."

"Every time he leaves the house our son, Christian, asks if he's going back to Iraq," said his wife, Maria. "We say no, Daddy is just going to work."

"But he's closer to his son and closer to me," she said. "He spent more time with us since he's been back."

"I had a lot more laughs than tears," said Spc. Michelle L. Dewey, who was a transportation NCO with the 143<sup>rd</sup> Area Support Group. Everything's different now, she said.

"It was an adjustment for my son, Kaleb, and me, trying to get back into a routine with school and work," said Dewey, who is now a logistics manager for an insurance company.

They get up at 6 a.m., get ready for school and work, come home, take baths and are in bed by 8 p.m., said Dewey. "We have activities on Friday nights and go to church on Sundays," she said. "Kaleb needs a routine."

"He was upset with me, because he couldn't wear Army clothes today, she said. "I told him I wanted to be able to see him in the crowd."

"It's been wonderful back home," said Spc. Charles J. Clampett. "It's been a

smooth transition. I picked up right where I left off.

The deployment gave him a greater understanding of what is being done in Iraq, he said. "The charities donated in Iraq were the most personally rewarding thing for me. It gave me an understanding of the Iraqi people."

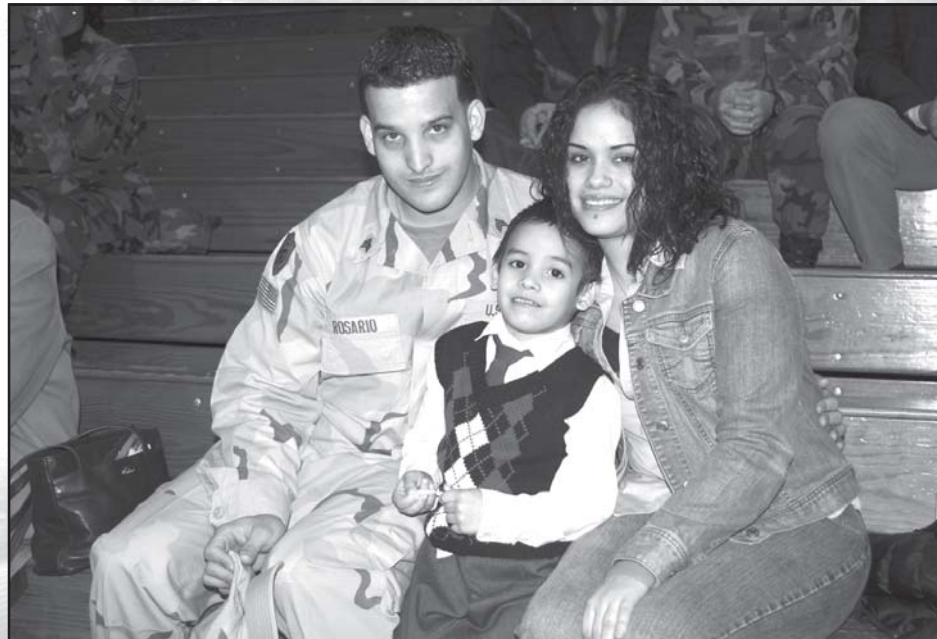
"Most of them are just like us," said Clampett, a technology coordinator for the Waterbury Department of Education. "If you walk into a school in Iraq, it's just like a school in Waterbury. They're just like us."

"The 143<sup>rd</sup> Area Support Group did a great job," said Sgt. Major Brian J. Minitier. "Everybody pulled their weight and everybody did a great job," he said. "Connecticut should be very proud of their Soldiers."



Spc. Charles J. Clampett stands in the aftermath of the 143<sup>rd</sup> Area

Support Group Freedom Salute Ceremony at Newington High School Jan. 21. (Photo by Pfc. Joshua C. Johnson, 65 PCH)



Sgt. Carlos M. Rosario sits with his wife, Maria, and his son, Christian, at the 143<sup>rd</sup> Area Support Group Freedom Salute Ceremony at Newington High School Jan. 21. (Photo by Spc. Ryan Dostey, 65 PCH)



Spc. Michelle L. Dewey talks to her son, Kaleb, at the 143<sup>rd</sup> Area Support Group Freedom Salute Ceremony at Newington High School Jan. 21. (Photo by Spc. Ryan Dostey, 65 PCH)



# Tradition continues during ASG change of command

PVT. KRISTIN A. ALDO  
65<sup>TH</sup> PCH

Saying he had “been truly blessed to have served with such a dedicated group of professionals,” Col. Thomas Stefanko relinquished command of the 143<sup>rd</sup> Area Support Group Jan. 22.

Col. Thomas E. Bendernagel accepted command from Stefanko, who had been in command of the 143<sup>rd</sup> since 2003.

“I’ve been sent here because I have certain experience and certain skills,” said Bendernagel to the 143<sup>rd</sup>, “it will be my duty to match those abilities with your knowledge.”

Bendernagel, 53, has served as Executive Officer and Battery Commander, 2<sup>nd</sup> Battalion, 192<sup>nd</sup> Field Artillery in Danbury and Hartford, Communications Officer, Operations Officer, Executive Officer and Battalion Commander of the 242<sup>nd</sup> Engineer Battalion of Stratford, Comptroller at the State Area Command in Hartford and Executive Officer of the 85<sup>th</sup> Troop Command in New London. He leaves the position of Director of Logistics at Joint Forces Headquarters in Hartford to accept his new position.

Bendernagel’s military education includes Command and General Staff College, Field Artillery Officer Basic and Advance Courses, as well as the Engineer Officer Advance Courses. He received his Bachelor’s Degree in Business Administration from Long Island University, C.W. Post College in 1975 and his Master’s Degree in Criminal Justice from Iona College, New Rochelle, N.Y. in 2000.

“I feel that we will work well together as a unit, and that we will achieve wonders together,” said Bendernagel during the ceremony.

“I can think of no one who is more qualified than to lead this group through this critical phase,” said Stefanko speaking highly of Bendernagel.

During the past three years Stefanko has been through a lot with the unit including its deployment overseas to Baghdad, Iraq from which they returned in October 2005. The 143<sup>rd</sup> is Connecticut’s largest Army National Guard command.

Stefanko, 48, has served with 2<sup>nd</sup> Battalion 102d Infantry; 1<sup>st</sup> Battalion 169<sup>th</sup> Infantry, the 43<sup>rd</sup> Infantry Brigade; 143<sup>rd</sup> Area Support Group; AGR Tour Branch; HHD STARC; Recruiting Office; the Connecticut Military Academy in Niantic and, before his deployment, served as Command Administrative Officer and Chief of Staff of the Connecticut Army National Guard. He currently serves as the Operations Officer assigned at the Joint Forces Headquarters in Hartford.

His military education includes the U.S. Naval War College, Command and General Staff College, Infantry Officer Basic and Advanced Courses, and the Infantry Brigade and Battalion Command Course. He holds a Bachelor of Arts Degree in History from Western Connecticut State University and a Master of Arts Degree in National Security and Strategic Studies from The U.S. Naval War College.

As a token of their appreciation, the unit members presented Stefanko with the colors of the 143<sup>rd</sup>. The colors represent not only the heritage of the unit but also the unity and loyalty of its Soldiers. The colors are the commander’s symbol of authority. They represent the responsibilities of the commander to the organization.

“I shall certainly do my best to ensure that I meet the high standards you [Stefanko] have set,” said Bendernagel, “I am delighted with this opportunity and I ensure you that I will do everything within my power to make this change-over a happy one for all of us.”



The 143<sup>rd</sup> Area Support Group salutes during the playing of the National Anthem as part of the unit’s change of command ceremony on Jan. 22. Col. Thomas Stefanko relinquished command of the ASG to Col. Thomas Bendernagel after three years and a deployment to Iraq with the unit. (Photo by Pvt. Kristin A. Aldo, 65<sup>th</sup> PCH)

# February is Black History Month *The History of Black History*

ELISSA HANEY  
REPRINTED WITH PERMISSION FROM THE NGB EQUAL  
OPPORTUNITY WEBSITE

Americans have recognized black history annually since 1926, first as “Negro History Week” and later as “Black History Month.” What you might not know is that black history had barely begun to be studied—or even documented—when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

## Blacks Absent from History Books

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson.

Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty.

He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population—and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

## Established Journal of Negro History

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation’s history.

He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected

Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

## Why is February Black History Month?

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly impacted the American black population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history. For example:

### February 23, 1868:

W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.

### February 3, 1870:

The 15th Amendment was passed, granting blacks the right to vote.

### February 25, 1870:

The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.

### February 12, 1909:

The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.

### February 1, 1960:

In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth’s lunch counter.

### February 21, 1965:

The militant leader, Malcolm X, promoted Black Nationalism. He was shot to death by three Black Muslims.

# Connecticut Guardsman arrested, charged in double homicide

SGT 1ST CLASS DEBBI NEWTON  
SATE PA NCO

Steven Debow, 20, a Private 2 in the 1st Battalion, 102nd Infantry, Connecticut Army National Guard has been arrested by Hartford police and charged in the murders of Elizabeth Morel and Enrique Perez during an alledged attempted robbery of a Hartford bodega.

The incident took place on Jan. 5, the night of a formal send-off ceremony for Debow’s battalion which was preparing to travel to Fort Bragg for training before heading to Afghanistan for a year.

Debow, a resident of Hartford, was held

in a North Carolina jail after Hartford police said they were applying for an arrest warrant.

Debow did not fight extradition to Connecticut and was arraigned in Hartford on Jan. 27. He is being held on \$5 million bond, having been charged with a number of crimes, to include two counts of felony murder. If convicted, he could face the death penalty.

Debow has been released from Active Duty by the U.S. Army and a discharge from the Connecticut National Guard is pending.



# Father, son join together to train, deploy together

Pfc. JOSHUA C. JOHNSON  
65<sup>TH</sup> PRESS CAMP PCH

"Standing before you are great patriots, the pride and joy the Connecticut National Guard," said State Adjutant General Maj. Gen. Thaddeus J. Martin during send-off ceremonies for the 1<sup>st</sup> Battalion, 102<sup>nd</sup> Infantry. "They are our sons and our fathers..."

While the families of 500 Soldiers had to cope with their loved one's deployment, one family took the general's words literally. That family's father and son almost faced deployment together.

Pvt. Joshua L. Amaro and his father, Pfc. Luis A. Amaro, are both Infantrymen in the 1<sup>st</sup> Bn., 102<sup>nd</sup> Inf.

The two enlisted in the Connecticut Guard and trained at Fort Benning, Georgia during the same months in 2005, said Joshua.

"I've wanted to join the infantry since I was 16, and my father since he was a kid," said Joshua, who is now 19.

His father, Luis, 36, encouraged by his wife, Elisa, earned his high school diploma while working as a presser in a laundromat just before enlisting, he said.

"I'm thankful for my wife, she really helped me a lot," said Luis, adding that the entire process was challenging for Elisa.

"It was hard for her at first," said Joshua, "but when she noticed that our relationship as father and son was getting better, it made her really happy."

They didn't see very much of each other during their training, said Joshua, who was in a cycle five weeks ahead of his father. They wrote letters to each other, which the drill sergeants delivered for them, and saw each other occasionally at the dining facility, at church and other chance meetings, he said.

"During my second week of training, Joshua's senior drill sergeant saw me at a physical training field and brought me to my son," said Luis. "I cried when I hugged him there for the first time."

"I thought about all the times I wasn't with him or when I ignored him," said Luis, "and I expressed that in my letters to him. I asked for forgiveness and we explained things to each other."

Their relationship as father and son improved during their training, Joshua said.

But Luis sustained a back injury in the eleventh week of his training

"I joined to be deployed with my son," said Luis, whose injury made him non-deployable.

"I know it hurts him, because he trained for 14 weeks and he can't do what we trained to do together," said Joshua. "Now he's back at the laundromat."

"I joined to be deployed with my son, but now I'm in the rear detachment," said Luis. "I don't know what's going to happen."

Their family spent Thanksgiving Day in Georgia, where Luis graduated from Fort Benning the day before.

Joshua married his fiancée, Tanya Lee in a

small ceremony at her house in Hartford, Dec. 17.

"Tanya said it's heartbreaking that I have to leave so soon, but that she can deal with it," said Joshua. He also said that spending the holidays with his family really helped the process of deployment.

During the unit's formal send-off ceremony, several dignitaries spoke to the large crowd on hand, wishing their best to the infantrymen and their families. Words spoken by the state's highest ranking military officer registered with the Amaro family, as well as the many others in attendance.

"They are our sons and our fathers..."

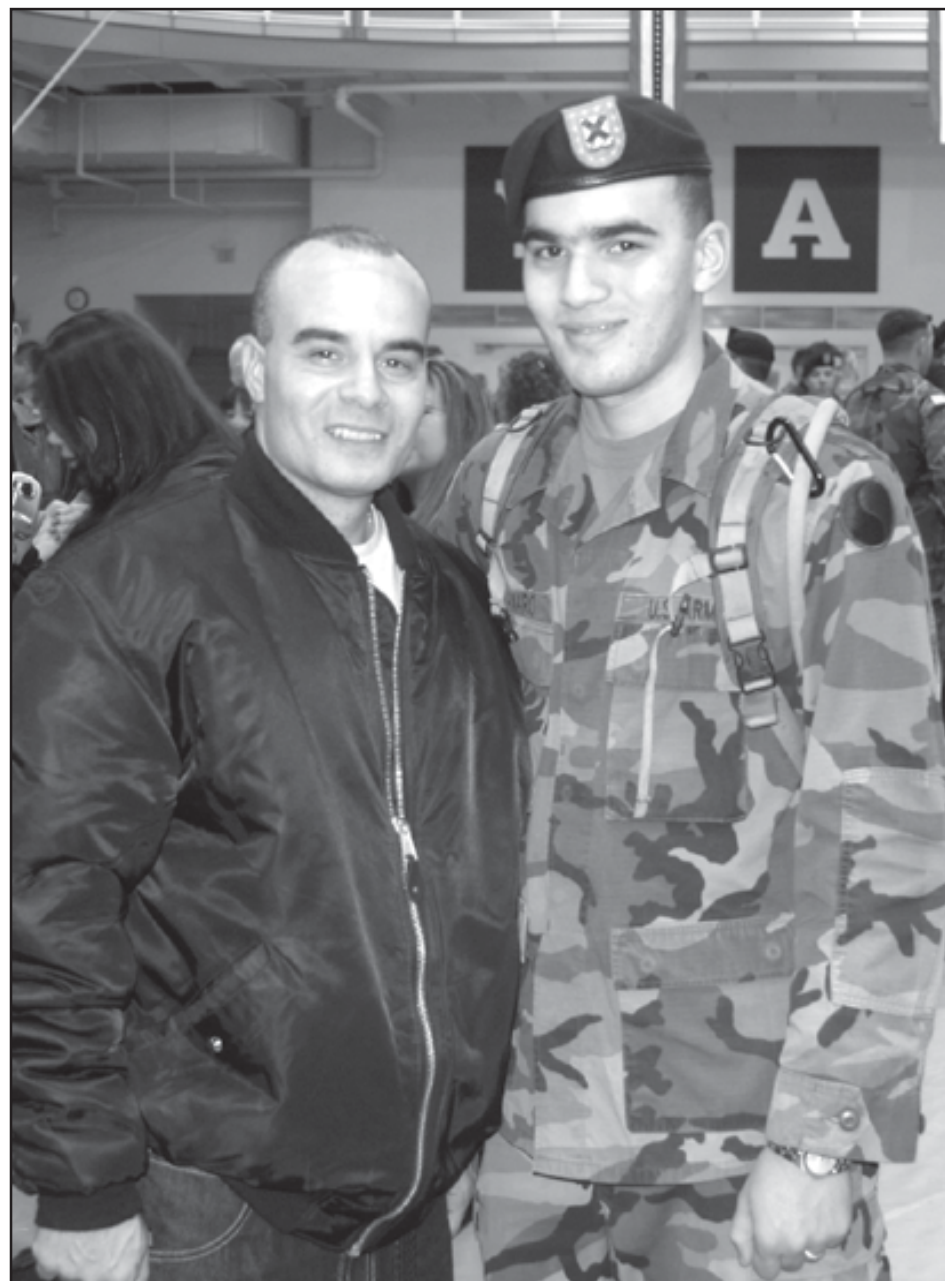
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**"Standing before you are great patriots, the pride and joy the Connecticut National Guard. They are our sons and our fathers..."**

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Maj. Gen. Thaddeus J. Martin

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Pvt. Joshua L. Amaro and Pfc. Luis A. Amaro pose at the 102<sup>nd</sup> Infantry Battalion's Send-off Ceremony at the Payne Whitney Gymnasium at Yale University in New Haven Jan. 5. (Photo by Pfc. Joshua C. Johnson, 65<sup>th</sup> PCH)



The Amaro family gathers at the 102<sup>nd</sup> Infantry Battalion's Send-off Ceremony at the Payne Whitney Gymnasium at Yale University in New Haven Jan. 5. (Photo by Pfc. Joshua C. Johnson, 65<sup>th</sup> PCH)



# Letters Home

## Company G 126<sup>th</sup> AVN says Hello, sends photos from Iraq

1<sup>st</sup> Sgt. MARK O'DONNELL  
Co. G, 126<sup>th</sup> AVN

We have been very busy for the last few months, with outstanding accomplishments and achievements.

Upon arrival here at Q-West our Maintenance Platoon Merged with eight Soldiers from Alaska ARNG. The Platoon was then split into two teams with equal experience and 24-hour seven-day a week operations began on the flight line.

In addition to the day-to-day maintenance of the aircraft 15-T (UH-60 mechanics) are also cycling through the Phased Maintenance hangar. The Phase hangar is a good training environment which teams of three mechanics working with seasoned Blackhawk Veterans who explain the systems as they are performing the required inspections and maintenance.

The UH-60 L Black Hawks belong to the ARCTIC COWBOYS, B Co, 207<sup>th</sup> Avn, Alaska ARNG. The aircraft fly about 700 hours a month and all scheduled and unscheduled maintenance is performed by our combined maintenance teams.

Our Shops Platoon completes all specific aircraft component tear down and rebuild and they have completed about 500 work order repairs. Our Supply Platoon works several different shifts to support all aircraft maintenance with parts and tools to accomplish the mission. They work with the FOB Quartermaster Company for the requesting, receiving, tracking and turn-in of all Aviation supplies. Our Headquarters Platoon works all logistical and command and control of the company,

Our Motor Pool section is responsible for all our ground rolling stock. The small, four-man crew works around the clock to keep our vehicles mission ready at all times. Our Generator mechanic works all hours of the day and night to keep all our generation up and running at all times. We have one air conditioning/heating electrician that works around the clock to insure all shops and work areas are operational at all times.

Our Production control section is the key element for our maintenance operation; they organize and control all maintenance activity for our company.

Since we have deployed, we have promoted 10 Soldiers to the next grade of rank and we have reenlisted 14 Solders. We have also presented six Soldiers with the Army Physical Fitness Patch for achieving a score of 90 on all their events.

Everyone has been asking about our famous BEAR. Yes he travels with us at all times. He is known as First Sgt. Bear.



1st Sgt. Bear takes a meeting with a fellow deployed Soldier in Iraq. (Photo courtesy Co. G, 126th AVN)



1st Sgt. Bear stand watch on laundry turn-in day. Notice that Bear even has his own weapon since he takes his duties seriously. (Photo courtesy Co. G, 126th AVN)



1st Sgt. Bear kicks back in the office after a busy day and catches up on emails home. (Photo courtesy Co. G, 126th AVN)





# A Soldier's Story: Remembering a deployment and living life fully

Spc. GREG LUTKUS  
248<sup>TH</sup> EN. Co.

The only plausible explanation that I could come up with is that I must be going mad.

After all, I am enrolled in a good university working very hard toward my second undergraduate degree. My long time girlfriend is now my fiancée. I have recovered from both surgeries in the past two years.

My family and friends are able to breathe a sigh of relief, happy I am home safe and sound. Most importantly, I had put my time in overseas.

So why do I have frequent and sincere desires to return to Iraq?

One explanation was offered by fellow veteran, Mike Chew. Mike's thoughts in short order were that the simplicity of life and the camaraderie is what makes going back so attractive. Now that I am home, whenever the mood strikes to have a particular conversation, close friends are not just a few steps away.

For endless philosophical perspectives on life: Tye Fraser. For a friendly devil's advocate on whatever idea I might have: Glenn Shilosky. To learn and hear about cycling: Dave Moss or Jason Brimlow. Latest fun loving rumor: Trevor Stone. How to build a street legal 10-second Mustang: Brian Lefevre. Proper way to track, shoot and skin a deer: Dana LaPointe. History, diesel engines and guns: Russ Jenks. Relive favorite sitcom episodes: Steve Randolph.

The more I write, the more I want to include every person on the deployment and every topic. In short, the best way is to summarize by saying the only way you could feel alone is if you wanted to be alone.

Yes, these people are only a phone call away, but there was something wonderful and magical about sharing a conversation with a fellow Soldier, 6,000 miles away from home and at war.

If conversation was on your mind, there were always the intense card

games. You always knew there was a game going on, because you could hear the Soldiers yelling over their game. However, cards weren't my thing. After watching them play with endless fascination, I would walk over to the Horizontal or Vertical Platoon for a movie. With a collective amount of DVD's that would make any major rental store jealous, there was always something to watch.

Now don't get the impression that talking, playing games and watching movies, is all we did. That was would be a highly inaccurate and false statement.

What I am saying is that when the work was done, we socialized and played as hard as we worked. Take my word for it, the work was hard. How difficult was the work?

From my experience of working in everything from CONUS Army Training to civilian warehouses and corporate insurance offices, nothing could come remotely close to the work we did.

From the blistering sunlight to oppressive heat, the environment alone was hostile and deadly. Add on endless convoys on unfriendly streets, working on greasy, hot, noisy diesel engines (though I have to admit, I do miss the wonderful high-pitched whine of the HEMT blower as we hit the open roads) and there isn't a job that I can think of that can match in every aspect what is over there.

It forged priorities, determination and focus in me that nothing else stateside has been able to do.

Looking around at many of the kids I go to college with and the Soldiers I was in Iraq with (of the same cohort), it is shocking what the general "Future of America" consider their priorities.

Cell phone calls, e-mail and text messages are mostly their interaction with one another. Anything that is an infringement on immediate gratification on hunger, thirst, rest or diet/exercise is considered a stressor.

It makes relating to people back home difficult and trying. How can so many not realize that life is difficult and supposed to have degrees of suffering involved?

Nothing in life worth doing will come without hard work, some suffering and unwavering dedication.

It is impossible to develop the same camaraderie with many of the people on campus. Without even trying, I look for certain things that indicate which students are prior service.

The telltale black Army Pile Jacket. Maybe a service branch crest somewhere on their clothes. A back pack that came from the service is enough to strike up a conversation. In a few seconds, there is a connection with someone.

I could spend an entire semester in some

difficult math or science course but never come close to the connection I have with the guy I stopped in the café with a 3<sup>RD</sup> Cavalry Patch on his bag. The relished memories that come back from that quick conversation are wonderful to revel in.

While the events of being deployed in Iraq set in the collective lives of the Connecticut Army National Guard's, 248<sup>TH</sup> Engineer Company, (as well as every veteran of this conflict) settle in, it will take years, maybe decades before a clear perspective can sink in.

One thing will remain constant, being 32-years-old, and all the experiences I have had, I wouldn't trade the experience of the simplicity of life and camaraderie for anything.

On a separate note, I would like a moment to offer my deepest sympathies to the families of Sgt. Felix Del Greco and Spc. Robert Hoyt, for their losses.

Both were members of C Company, 1/102 Light Infantry, in the Connecticut Army National Guard. I met Sgt. Del Greco when they returned home from Bosnia. He was easily 10 years younger than me.

Knowing that I had done many convoys in Iraq, I searched for some answer as to why this young man's life was taken, two days after being in Iraq with the 39<sup>TH</sup> Brigade. It is little consolation for the loss of a loved one but I will offer this.

The life that I am trying to put together with school, continued service, family and prayer, I do it with the thought in mind that I must live my life to the fullest for all my brothers and sisters in the Armed Forces who never got to come home and live theirs.

It is because of their sacrifice that I can live my life in peace. Their ultimate sacrifice for state, country and fellow Soldier, did not go unnoticed and will never be forgotten.





# Combat medics transitioning from standards of civilian medical care to Tactical Combat Casualty Care

Sgt. 1<sup>st</sup> Class Tom Richmond  
Instructor, 2<sup>nd</sup> BN 169<sup>th</sup> Leadership Regiment

Tactical Combat Casualty Care (TC3) started first with Special Operations Medics, after initial combat in Iraq proved that the Army medics had to change the way that they provide care in combat because civilian-based medical care taught to our medics was not suited for combat operations. Tactical Combat Casualty Care (TC3) is now being taught as part of 91W MOS training and is incorporated into the new Combat Life Saver (CLS) program. It will replace PHTLS and Trauma AIMS as 91W transition courses as of January 2006. It is also taught to all deploying medics as part of deployment training.

I attended the TC3 train the trainer class at Ft. Sam Houston in December with Sgt. 1<sup>st</sup>

Class Terrence Waite, 102<sup>nd</sup> IN. It was an intense hands-on course taught by the Department of Combat Medic Training's lead instructors. Because 90 percent of the combat deaths occur before the casualty reaches the Medical Treatment Facility (MTF), the three goals of TC3 are: 1) treat the casualty; 2) prevent additional casualties; 3) complete the mission. There are three phases of TC3: Care Under Fire, Tactical Field Care and Combat Casualty Evacuation Care.

Care Under Fire is care rendered by the medic while still under effective hostile fire. Medical equipment is limited to what is carried by the Soldier and the medic.

Tactical Field Care is care rendered by the medic when no longer under effective

hostile fire. It also applies to when an injury occurs on a mission when there is no enemy fire. Medical equipment is still limited to what can be carried by the medic. Evacuation times to MTF's may be extensive.

Combat Casualty Evacuation Care is care rendered once the casualty has been picked up by an evac asset. Additional personnel and equipment should be available at this stage of casualty management.

One statement made over and over was "Stop The Bleeding." A casualty dying because of uncontrolled hemorrhage is the most preventable cause of combat fatalities. That is why the new first aid pouch that is being used in the Central Command AO contains a tourniquet, a new combat

dressing and a hemostatic dressing. This pouch will soon replace the pouch that we now wear.

The transition to Tactical Combat Casualty Care has already proved itself in combat. One of the instructors a PA just returned from Iraq. Has seen firsthand how TC3 was saving lives. On several occasions he had casualties with severe facial trauma come thru his MTF, with surgical cricothyroidotomies performed by medics in the field saving their lives.

Now with the transition to TC3 Army Combat Medics will be training to manage casualties as they will occur during combat missions, not as they occur on Main Street, USA.

## *Governor Rell, heating oil dealers announce 30,000 gallon donation to military families*

Governor M. Jodi Rell has joined the Independent Connecticut Petroleum Association to announce the donation of 30,000 gallons of heating oil to families of activated Connecticut service members in need of home-heating assistance this winter.

Rell praised the heating oil dealers' pledge to help military families as "one of the most heartening and helpful donations that could be extended to our military families — a truly magnificent gesture."

Representing the majority of Connecticut's more than 350 home-heating oil dealers, the association is renewing its support to military families by increasing fuel donations from 12,000 to 30,000 gallons.

"Last year, Governor Rell asked for our help and we responded immediately," said association executive director Gene Guilford. "This year, the Governor asked for our continued support, and we are expanding our assistance to 30,000 gallons. We are also tripling the number of participating local heating oil dealers to about 100. With Connecticut's sons and daughters serving the cause of freedom far from home or here in the United States, we can think of no better way to support their service."

Maj. Gen. Thaddeus J. Martin, National Guard Adjutant General, said, "We are extremely grateful for this generous support during this difficult financial time of the year for military families."

The donations of home-heating oil are administered by the Connecticut National Guard Family Program, which provides a wide range of assistance to families members and veterans of any branch of military service throughout the state. Dependent families of National Guard members and Reservists who have been ordered to 'Title 10 Active Duty' are eligible for donations of heating oil.

Last winter, about 25 military families in Connecticut were helped with heating oil donations from members of the Independent Connecticut Petroleum Association.

"This winter, with the substantial boost in donations and a dramatically increased number of people currently on active duty, we estimate that over 100 families can be assisted," said Kim Hoffman, the National Guard's director of family services. "The Connecticut National Guard alone has 516 members currently deployed."

The heating oil donations are part of Operation ELF, a program to help the families of deployed troops. Operation ELF was established in 2003 by then-Lieutenant Governor Rell as a way to support to military families who were separated during the holiday season due to deployment, and also potentially suffering financial hardship as a result of the call to active duty.

Families of members of any branch of service may contact the National Guard Family Program office at 1-800-858-2677 for further information.

## Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2006 scholarship program. This year the foundation will award a total of four scholarships.

1. A single \$3000.00 scholarship honoring SGT Felix Delgreco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.
2. Three \$2000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.

Application forms may be found on the Foundations web site at: [www.ctngfoundation.org](http://www.ctngfoundation.org)

Additional Information:

1. Complete application packets must be postmarked no later than **15 May 2006**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form and completed package to:

CTNG Foundation Inc.  
Attn: Scholarship Committee  
360 Broad Street, Hartford Armory  
Hartford, CT 06015

5. Please contact the foundation at (860) 241 1550 or e-mail [ctngfi@sbcglobal.net](mailto:ctngfi@sbcglobal.net) for further details.



## Prevent , control high blood pressure: Mission Possible What every African American should know

High Blood pressure: A force to be reckoned with. High blood pressure (also called hypertension) increased your chances of having a heart attack, heart failure, stroke, kidney disease, and other life-threatening illnesses.

Anyone can get it, and as you get older, the likelihood of your developing high blood pressure increases, especially if you are overweight or obese, or have diabetes.

African Americans are the most likely to develop high blood pressure than any other racial or ethnic group.

### For African Americans, high blood pressure:

- Tends to be more common and more severe
- Happens at an earlier age
- Is a leading cause of death for people with Type II Diabetes
- Is the major reason why African Americans are 8 times more likely to develop kidney disease than Caucasians
- Is the major reason why African Americans die at an earlier age

The good news is that high blood pressure can be controlled. Better yet, it can be prevented. Enlist in this vital mission for a healthier you.

### 9 Things You Can Do to Prevent and Control High Blood Pressure

1. Lose weight if you are overweight and maintain a health weight. Limit portion sizes, and try to eat only as many calories as you burn each day-or less if you want to lose weight.
2. Eat heart healthfully. Follow an eating plan that emphasizes fruits, vegetables, and low fat dairy products and is moderate in total fat and low in saturated fat and cholesterol.
3. Reduce salt and sodium intake. Read food labels to choose canned, processed, and convenience foods that are lower in sodium. Limit sodium intake to no more than 2400 mg, or about 1 teaspoon's worth, of salt each day. Avoid fast foods that are high in salt and sodium.
4. If you drink alcoholic beverages, do so in moderation. For men, that means a maximum of 2 drinks a day, for women, a maximum of 1.
5. Becomes more physically active. Work up to at

least 30 minutes of a moderate-level activity, such as brisk walking or bicycling, each day. If you don't have 30 minutes, try to find 2 15-minute periods or even 3 10-minute periods for physical activity.

6. Quit smoking. Smoking increases your chances of developing a stroke, heart disease, peripheral arterial disease, and several forms of cancer.

7. If you are pregnant, make sure you are under a doctor's care. High blood pressure is a major cause of complications in pregnancy.

8. Talk with your health care professional. Ask what your blood pressure numbers are and what they mean.

9. Take medication as prescribed. If you need medication, make sure you understand what it's for and how and when to take it, then take it as your doctor recommends.

### Resources to Help You Stay Healthy:

*Your Guide to Lowering Blood Pressure* includes information on how to detect, prevent, and treat high blood pressure. Features the DASH eating plan, which has been shown to prevent and lower high blood pressure, and information specifically for women. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

*Improving Cardiovascular Health in African Americans*. Package of seven easy-to-read booklets designed to help you reduce your chances of having a heart attack or stroke. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

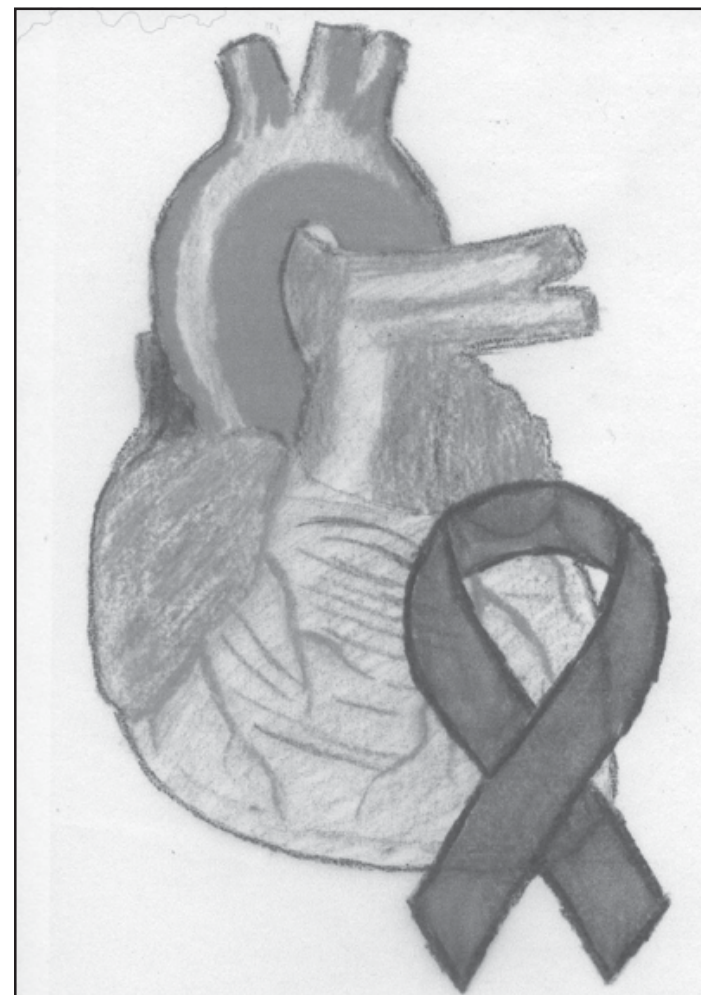
*Heart Healthy Home Cooking African-American Style* includes 20 tested recipes that show you how to cut back on saturated fat, cholesterol, salt and sodium, and still have great-tasting food. Delicious foods from spicy southern barbecued chicken to sweet potato pies are included. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

*Aim for a Healthy Weight* includes a BMI calculator, tips for shopping and preparing food, and a menu planner that is designed to guide daily food and meal choices based on one day's calorie allowance. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

*Live Healthier, Live Longer* includes interactive materials for people with heart disease and those who want to prevent it. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Source: U.S. Department of Health and Human Services

# February is Heart Health Month



## Three questions can make a difference: warning signs of stroke

HOLLY L. BIRCHFIELD  
78TH AIR BASE WING PUBLIC AFFAIRS

Nearly 20 years ago when Ida Glover asked her 40-year-old son a question and he couldn't respond, she thought he had suffered some type of nerve damage. Days later she discovered his prognosis was much worse.

Doctors at the Medical Center of Central Georgia told Ms. Glover her son had experienced two strokes. Carey Glover, a retired Sailor, was left speechless and partially paralyzed.

Glover said her son is able to communicate with physical gestures and do some things for himself. But, she must help him with other day-to-day activities.

"It kind of just sneaks up on you," said Glover, who has four other adult children. "I hadn't known anybody who had a stroke,

so I didn't know what to do."

The Georgia native isn't alone.

Strokes occur when blood flow to part of the brain is interrupted. They are commonly called a "brain attack" by many doctors.

According to the National Institute of Neurological Disorders and Stroke, about 700,000 people have strokes each year.

Dr. Chrystal Henderson, the 78th Medical Group's medical staff chief, said that people can make a life-saving difference by asking a few questions and responding quickly.

Ask the person to smile.

Ask the person to raise both arms.

Ask the person to speak a simple sentence, such as, "It is sunny outside today."

If the person has trouble doing any of these tasks you should take him or her to an emergency facility immediately, Henderson said.

Lt. Col. Chris Thompson, a cardiology consultant for the U.S. Air Force Surgeon General, said the assessment questions are good for people to use.

"Depending upon the part of the brain affected, the symptoms can affect any part of the brain function to include movement, sensation, talking, the senses, balance, etc.," he said.

Col. Vincent Carr, chief consultant for internal medicine services at Bolling Air Force Base, Washington D.C., said prompt medical response to a stroke may make a difference.

"There are a number of new techniques and medications to stop a stroke in progress," he said. "But the success is based upon how quickly a person gets to an emergency room."

Getting stroke patients medical

attention within the first three hours of the incident is important for a more successful recovery. However, prevention is a much better approach, Thompson said.

"Prevention of atherosclerosis, which causes most heart attacks and strokes, involves a healthy diet, exercise, maintaining an ideal weight, not smoking and treatment of high blood pressure, high cholesterol and diabetes," the colonel said.

Glover said she wishes she had known about the simple diagnostic test before it was too late.

"If I would've known and he could've seen a doctor sooner, he might have been able to talk by now."

(Courtesy of Air Force Materiel Command News Service)



# Tax season tips offered for military personnel

SGT. SARA WOOD, USA  
AMERICAN FORCES PRESS SERVICE

Tax season has once again arrived, and military personnel should know several things to make their returns easier and more beneficial, a military official said.

One of the most notable changes to the tax code this year is the addition of provisions for victims of hurricanes Katrina, Rita and Wilma, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The provisions for hurricane victims are lengthy and complicated, so servicemembers who were affected by the hurricane should seek advice from their installation tax center or the Internal Revenue Service, Fenton said. The provisions can include extensions for tax filing and help for those who lost homes or property, she said.

Servicemembers who spent time deployed have important things to keep in mind when filing their taxes, Fenton said. For example, Iraq, Afghanistan, Bosnia and Kosovo all qualify as combat zones where military

income is tax exempt, she said. For enlisted servicemembers, all income earned in a combat zone is exempt, but for officers, income is excluded up to a certain limit. For 2005, the limit for officers' tax-exempt income was \$6,529 a month, she said.

Tax-exempt income is a great thing, but it has worked against some servicemembers by exempting them from important credits, Fenton said. Two credits that military members often qualify for — earned income credit and child tax credit — require earned income to be claimed, she said. Starting this year, servicemembers can elect to include their combat zone income to qualify for these credits, she explained. She stressed that this income will not be taxed, but will allow servicemembers to receive credits they qualify for.

"Just because you think you didn't have earned income due to your combat zone time, it's worth your effort to go to the tax center and find out if you do qualify for these two important credits," Fenton said.

Servicemembers in a combat zone during

tax season get an automatic extension to file their taxes, Fenton said. Servicemembers have six months from the time they leave the combat zone to file, she said. Servicemembers who are stationed elsewhere overseas have a two-month extension to file.

Almost every military installation offers a tax center for military, retired military and family members, Fenton said. Volunteers at the center are trained by the IRS and military legal office and can provide advice or assistance in filing taxes, she said. Returns filed through the tax center are sent electronically, and people will receive their refunds within seven to 10 days, she said.

"The installations do serve a great benefit to the military member who wants to go and make sure that they've gotten the best information they can. They've filed it, not only accurately, but taken advantage of any of the deductions and credits that they do qualify for and they may not be aware of on their own," she said.

Each installation determines its tax

center's operating hours and whether people need an appointment to come in, Fenton said.

Military personnel can also get help online with their taxes, Fenton said. The IRS provides a Free File service on its Web site, which lists several tax preparation services, many of which provide free service to military members, she said. The Web site Military OneSource also provides free tax assistance to military members.

"The Internet's invaluable; it allows you to file your taxes from your own home, if you're comfortable enough to do that," Fenton said.

To prepare to file taxes, servicemembers should make sure they have their W-2 forms from the military and any other jobs they had in the past year, Fenton said. Servicemembers should also make sure they have Social Security cards for themselves and their dependents, she said.

Active-duty, Retirees and reservists already have the forms available on MyPay, Fenton said.

## Recently Retired?

Consider coming back to the Connecticut National Guard.

Call your former unit for more information.

"History does not entrust the care of freedom to the weak or the timid."

President Dwight D. Eisenhower  
Inaugural Address, 20 January 1953

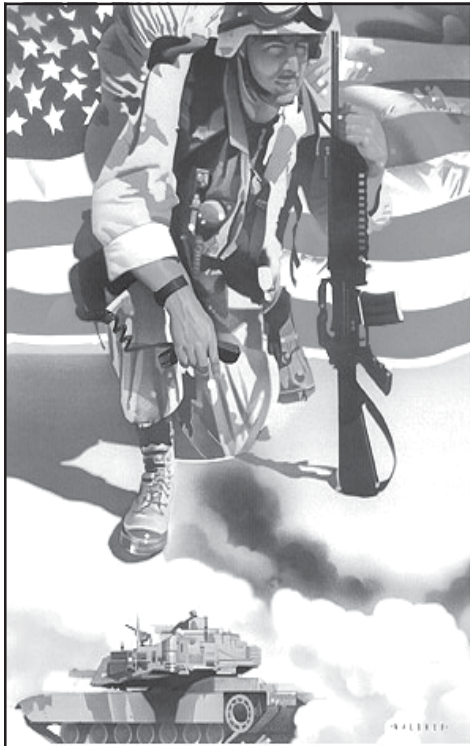


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# Connecticut Military Department News



## INFORMATION Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memory, documents, correspondence and e-mail appropriately. Practice good computer security when accessing the Internet. Our enemies are often spy and are encouraged before. Don't over share with information that is not yours.

## O'Rourke selected Soldier of the Year

2<sup>ND</sup> COMPANY GOVERNOR'S FOOT GUARD  
PRESS RELEASE

The 2nd Company of the Governor's Foot Guard (GFG) has announced that the prestigious Soldier of the Year Award was presented to 1<sup>st</sup> Sgt. William A. O'Rourke.

O'Rourke was selected for this honor based on the award criteria of devotion, enthusiasm and cheerful attitude toward all duties and assignments. In addition, points are awarded based on attendance, years of service in the 2nd Company and finally, by an evaluation of performance by the Major Commandant of the unit.

O'Rourke has been a member of the 2nd Company for three and a half years. He has held several key positions, including a term as president of the non-commissioned officer's association. (NCOA).

O'Rourke lives in New Milford, Conn., with his wife, Jill and they have two children, Kate and Kelly. His is an exterminator for the Bliss Exterminating Company. He is a graduate of Western Connecticut State College.

The 2nd Company of the Governor's Foot Guard (GFG) is one of the oldest continuously active militia units in the United States. It was organized on Dec. 18, 1774 by mostly New Haven businessmen who later served in the Revolutionary War. The unit remains active in New Haven today and is currently seeking new recruits. Any man or woman 18 years of age or older interested in learning more about joining the 2nd Company GFG, may contact Sgt. Donald Rosadini by phone on (203) 269-5858, or by E-mail at, [drosadini@protonix.us](mailto:drosadini@protonix.us), or visiting the unit's web site at, [www.footguard.org](http://www.footguard.org)



## The First Company Governor's Horse Guards



*is recruiting for the Spring 2006 Recruit Class*

Retired Army/Air Guard members are specially invited to apply to become a part of the Governor's Horse Guards. We are the Nation's oldest cavalry unit in continuous service. With the help of new volunteers, we maintain a proud tradition of 228 years of service to the people and State of Connecticut.

No riding experience is required, just an enjoyment of physical activity and a willingness to serve. Troop activities include parades and Honor Guards, horse care, and community service such as our own "Say Nay to Drugs" program.

Visit our unit during weekly drill any Thursday between 1900 and 2100 hours and see first-hand how we preserve the traditions of the U.S. Cavalry! We gladly accept civilians, so bring an interested friend.

More details, including frequently asked questions, can be found at our web site: [www.govhorseguards.org](http://www.govhorseguards.org) - click on "Join Up?."

**For additional information contact:**

1LT Steve Ardussi  
Troop Adjutant and Recruiting Officer  
Email: [sardussi@optonline.net](mailto:sardussi@optonline.net)  
Phone: 860-567-5534



## FIRST COMPANY GOVERNOR'S FOOT GUARD



DIAMOND ANNIVERSARY

## DOG SHOW And Obedience Trial

Sunday, February 19 8:00 am  
Hartford Civic Center Exhibition Hall

ADMISSION: Adults - \$7 Seniors and valid Military ID holders - \$5  
Children under 12 - FREE



# Around the Guard

## Promoted on deployment



Steven Mays is promoted to Staff Sergeant while deployed to Iraq with Co. G, 126th AVN. (Photo courtesy Co. G, 126th AVN)



1st Battalion (OCS), 169th Regiment (LDR)

### Officer Candidate School Information Briefs:

- 25 FEB 06
- 18 MAR 06
- 22 APR 06
- 20 MAY 06
- 24 JUN 06

Bring a Friend, Spouse or Significant Other. Information Brief will be in Building 402, Leadership Hall, beginning at 1000 hours

For more information contact  
1LT Shaun O'Dea or 1LT Corey Holmes  
(860) 691-4216  
OCSCT@ct.ngb.army.mil



## Stuck on deploying



Spc. Edward Tracz, Connecticut Medical Command, gives immunizations to Spc. Zena A. Campbell, 643rd Military Police Company. Campbell has recently reclassified from a chemical operations specialist to deploy to Germany as an MP. "How many people can say they've lived in Germany for a year?" said Campbell. The immunizations were given as part of Soldier Readiness Processing which took place at Camp Rell Jan. 7. The 643rd Military Police is one of the newest units in the state, combining the Soldiers of the 280th Signal Battalion, 192nd Chemical Battalion and the 103rd Chemical Company to form a unit of more than 100 Soldiers. The unit leaves in February for a year-long tour of duty in Germany. (Photo by Spc. Ryan Dostie, 65th PCH)



# Army Transformation: Infrastructure changes, modernizes to meet needs of Soldiers, missions

Sgt. 1st Class Debbi Newton  
State PA NCO

*(Editor's Note: This is the second in a multi-part, monthly series on Transformation as it relates to the Connecticut Army National Guard. Over the next few months, a more in depth look will be taken at individual units, missions and locations that will be affected by Transformation. Future articles will deal with how BRAC and QDR affect Transformation, and will give Soldiers information they need to make informed decisions about their own career paths.)*

The Connecticut Army National Guard is undergoing a Transformation in line with the goals and missions established by the U.S. Army.

To bring Connecticut into line with that Transformation, many units will be reorganized and moved in order to serve the needs of the military, the country and the state better.

In order to do that, much work is planned on the infrastructure that will support those new missions. Some of that work has already been completed, some is

currently underway and nearing completion, and other work is still in the planning and funding stages.

Lt. Col. Gerald Lukowski, Facilities Management Officer for the Connecticut National Guard is very excited by these changes.

"The average age of our armories is 60 years," said Lukowski. "From 1906 to 1982, we built or modernized two to five armories a decade, then it stopped. We now have 85 projects planned for completion in 18 months."

While those 85 projects include things like installing new furnaces in existing buildings or modernizing shower facilities in others, there are many multi-million dollar projects already on the board in varying stages of funding or completion.

Building 32, billeting, at Camp Rell is complete and replaced a dilapidated World War II-vintage wooden barracks. Nett Hall, also at Camp Rell replaced the boarded up chapel/meeting hall which was where the parking lot for Building 32 now sits. A new, state-of-the-art warehouse at Camp Rell has replaced the old ones.

A fire house at Stones' Ranch was

completed last year and now houses the fire trucks that support the two firefighting units new to the Connecticut Guard.

Construction is nearing completion on the dog pound in Newtown that will house the Military Working Dog units that currently have Soldiers and dogs in training for the missions of the units.

The East Haven Rifle Range is undergoing massive reconstruction to address safety and modernization issues.

Future plans include new Readiness Centers (the term being used to replace armories) in Southington and East Lyme, a Regional Training Institute at Camp Rell, an Aviation Transformation Readiness Center in Windsor Locks, a Civil Support Team facility, Combined Support Maintenance Shop and USPFO-CSD Warehouse in Windsor Locks and two new Joint Readiness Centers (planned as a result of the 2005 BRAC recommendations).

"We're looking at \$90K per Connecticut Soldier in new construction through 2013," said Lukowski. "It's about quality of life for our Soldiers. Many of them are now cramped in old buildings that don't meet the needs of the Soldiers or the missions. The new construction looks to double the amount of square footage

per Soldier in Connecticut."

The new Readiness Centers will house dining facilities and separate kitchen facilities, physical fitness areas, Information Technology/Communications rooms, recruiting offices and family readiness rooms, among other improvements.

The plans also call for improved physical and personal security at all sites.

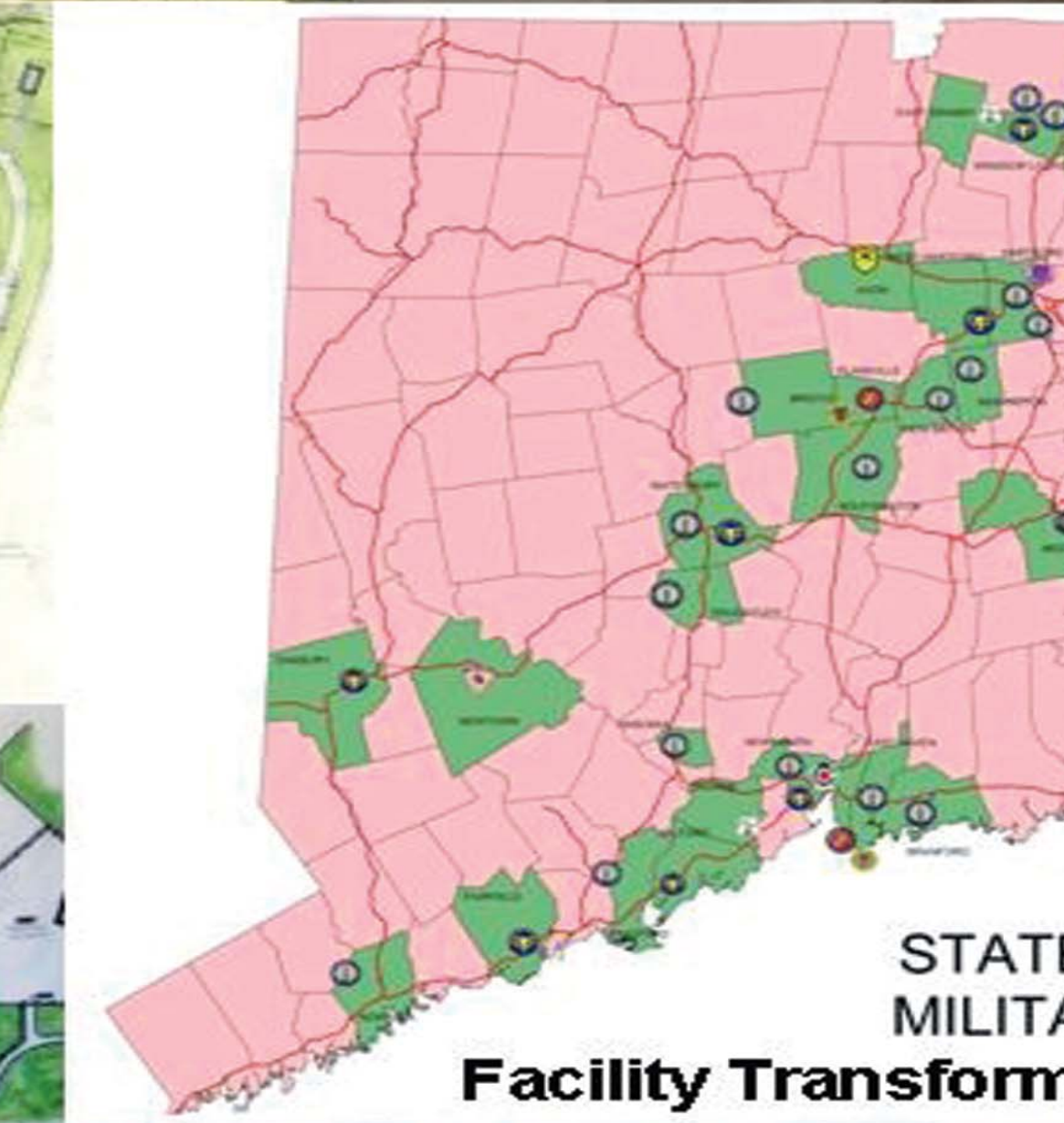
Connecticut has been fortunate in the MILCON (Military Construction) selection process in the past few years, said Lukowski. In fact, the state went from the bottom of the MILCON list to number seven on the list today with \$103 million in MILCON construction heading this way.

Only Pennsylvania, California, New York, Colorado, New Jersey and Massachusetts rank higher in MILCON funding than Connecticut.

*(For more information on the Infrastructure Transformation in Connecticut, see the pages 14 and 15. For more Transformation information, see page 16)*

CONNECTICUT ARMY NATIONAL GUARD (CTARNG)					
FUTURE YEARS DEFENSE PROGRAM (FYDP)					
MILITARY CONSTRUCTION (MILCON)					
Federal Program					
#	PROJECT	LOCATION	YEAR	2006-2011	2008-2013
1	FIRE STATION (ADRS)	East Lyme	2004	\$ 2,422,000	\$ 2,422,000
2	MILITARY WORKING DOG (ADRS)	Newtown	2004	\$ 2,167,000	\$ 2,167,000
3	READINESS CENTER (ADRS)	Southington	2005	\$ 4,133,000	\$ 4,133,000
4	READINESS CENTER (ADRS)	Newtown	2007	Merged w/ Item #5 Listed Below	
5	READINESS CENTER (ADRS)	East Lyme	2008	\$ 8,188,000	\$ 14,000,000
6	RTI ACADEMY	East Lyme	2008	\$ 26,994,000	\$ 26,994,000
7	EAST HAVEN RIFLE RANGE (EHRR)	East Haven	2008	\$ 10,205,000	\$ 8,740,000
8	AVN TRANS READINESS CENTER (ATRC)	Windsor Locks	2010	\$ 25,781,000	\$ 27,228,000
9	COMBINED SPT MNT SHOP (CSMS)	Windsor Locks	2010	\$ 32,000,000	\$ 39,941,000
10	JOINT RESERVE CENTER (BRAC)	Middletown Area	FY-XX		\$ 78,201,000
11	JOINT RESERVE CENTER (BRAC)	Newtown Area	FY-XX		\$ 61,471,000
12	CIVIL SUPPORT TEAM (CST)	Windsor Locks	TAG #1	CURRENT FYDP	\$ 8,000,000
13	USPFO-CSD WAREHOUSE	Windsor Locks	TAG #2		\$ 15,000,000
14	READINESS CENTER w/ FMS (MF)	Norwich	TAG #3		\$ 20,000,000
	FYDP Yearly Total			\$ 103,168,000	\$ 299,575,000
	FYDP Cumulative Total			\$ 111,890,000	\$ 308,297,000
	FYDP A&E Design 9% Type I (A+B)			\$ 10,070,100	\$ 27,746,730
	Equip Other Appropriations (EOA) 17.44%			\$ 19,513,616	\$ 53,766,997
	FYDP Cumulative Total w/ A&E and EOA		LTC Lukowski 1/23/2006	\$ 141,473,716	\$ 389,810,727





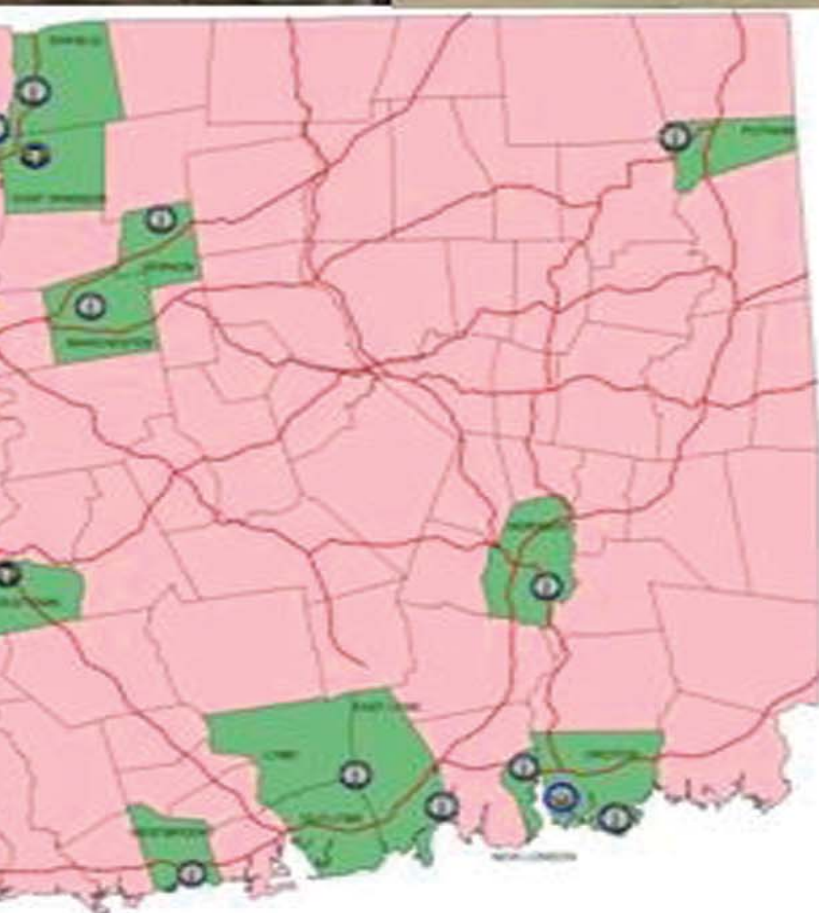




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**Camp Rell  
COL Nett Ldr Hall  
Completed**



**MAP OF CONNECTICUT  
MILITARY INSTALLATIONS  
Information 2001 to Present**



**Camp Rell  
Warehouse  
Completed**



**Stones Ranch  
Fire House  
Completed**



**Camp Rell  
Leadership Academy  
85% Designed**



**Newtown  
Military Working Dog  
Construction**



# News Analysis: Guard transformation taking shape

MAJ. LES A. MELNYK  
ARMY NEWS SERVICE

The Army National Guard's transformation, highlighted by the organization of 34 new modular brigades, continues to march toward a programmed completion date of 2008.

The transformation to these cost-effective, rapidly deployable formations is occurring in the midst of ongoing deployments overseas in support of the Global War on Terror, as well as extensive deployments here in the United States for Operation Noble Eagle and for domestic disaster response.

Katrina, Iraq keeping troops busy

In October, the Army Guard mounted what was by far the largest-ever military response for a domestic emergency when more than 42,000 Guard Soldiers deployed to the Gulf Coast following Hurricane Katrina. More than 7,000 Air National Guardsmen also responded.

At the time of Katrina, some 80,000 Guard members were already deployed worldwide, primarily in Iraq.

For much of 2005, the Army Guard contributed half of the Army's combat forces on the ground in Iraq. These combat-proven units in many cases returned to immediately begin transformation to the new, modular configuration, with the goal being to make them identical in structure and manning to their active Army counterparts – though at a considerably cheaper price, since the Guard units are manned by part-time citizen-soldiers.

Transformation affects three-quarters of force

Seventy-three percent of all Army National Guard units are affected by transformation – the largest shift in Guard force structure

since the end of World War II. The transition began in fiscal year 2005.

As in the active component, the Guard's brigade combat teams come in three types – Infantry, Armored (formerly called "Heavy"), and Stryker. In addition to the BCTs, the Army Guard will also be fielding a number of new modular supporting units – six "Fires Brigades," 10 "Combat Support Brigades (Maneuver Enhancement)," 11 Sustainment Brigades, 12 Aviation Brigades, an Aviation Command and three Sustainment Commands.

As in the Regular Army, the eight Army National Guard Divisions are shedding all their organic structure and transforming to a modular, deployable command and control headquarters.

In peacetime, the Guard division headquarters will have training and oversight authority for four or five BCTs located in the same geographic area. In wartime, each division will have a variable number of BCTs and support units attached to it depending on its mission.

In addition, Guard division headquarters will have the capability to exercise command and control in a domestic emergency, as did both the 35th and 38th Infantry Divisions following Hurricane Katrina.

The 35th Infantry Division headquarters deployed to Louisiana to assist the Adjutant General of Louisiana in his command over tens of thousands of Guardsmen who deployed there in the wake of the hurricane. The 38th Infantry Division headquarters performed the same mission in support of the Adjutant General of Mississippi.

Guard losing eight brigades

The transition to 34 Brigade Combat Teams represents a considerable reduction

in the Army National Guard's combat force structure from only five years ago. In 2000, the Army Guard consisted of eight complete infantry divisions, each consisting of three maneuver brigades, plus 16 separate brigades, an Armored Cavalry Regiment and an Infantry Group, for a total of 42 ground maneuver brigades or their equivalent. The Army Guard's authorized strength of 350,000 in 2000 was the same as it is today.

The transition is even more dramatic when compared to the Cold War height of the Army Guard in 1989, when strength stood at 457,000 and the Guard fielded 53 ground maneuver brigades or their equivalent.

The reduction in forces is equally dramatic in other branches, most notably Field Artillery. There, the Cold War reserve of 17 Field Artillery Brigades and a Corps Artillery Headquarters that are currently in the Guard will shrink to six "Fires Brigades" by 2008.

Plan changed since October

The initial announcement on the designations for these modular units was made at the Association of the United States Army annual convention in Washington, DC, in October. Extensive evaluation and input from the states since then has led to a few significant changes to the Army National Guard picture.

Perhaps most noticeable is the new designation and insignia that will be worn by Virginia's Brigade Combat Team. Initially, the unit was to be designated the 116th BCT, 29th Infantry Division, and Soldiers would have continued to wear the 29th Infantry Division patch they currently wear.

Virginia's leaders decided instead to designate the unit the 116th Infantry BCT and adopt the shoulder sleeve insignia of the former 116th Infantry Brigade, the famed

"Stonewall Brigade." That patch sports a profile of Thomas "Stonewall" Jackson, the legendary Confederate commander from Virginia, astride his horse.

In another change from the October announcement, Louisiana's 256th BCT will continue to be called "Infantry" for tradition's sake, even though its structure will remain that of an "Armored" BCT.

The Army Guard will also have two armored BCTs – the 116th in Idaho and the 278th in Tennessee – that will adopt the designation "Cavalry BCT" because these units have long histories of service as cavalry organizations.

A conference of Army National Guard G-3 operations officers from the various states also recommended that the divisions providing training and oversight of the 39th Infantry BCT (Arkansas) and the 45th Infantry BCT (Oklahoma) be swapped: under the new plan, training and oversight for the 39th BCT will come from the Guard's 36th Infantry Division, while TRO for the 45th BCT will come from the 35th Infantry Division.

A major issue throughout the transformation to modular units was the desire to retain the lineage and honors of historic Army Guard regiments and battalions. In many cases, affected states, NGB, and the U.S. Army Center of Military History jointly decided to convert historic regiments to a new branch in order to keep their lineage intact.

Overall, the conversion to modular units led to a large decrease in the number of field artillery and armor battalions in the Guard, and an increase in the number of cavalry squadrons.

## Headquarters Air Force realigns similar to 'J-staff' model

STAFF SGT. C. TODD LOPEZ  
AIR FORCE PRINT NEWS

The staff functions at Headquarters Air Force, major commands and warfighting headquarters will soon all share the same "A-staff" structure.

By Feb. 1, the Air Staff at Headquarters Air Force in Washington, D.C. will adopt an organizational structure that closely mirrors the Army's "G-staff," the Navy's "N-staff" and the joint "J-staff." The effort will help the Air Force optimize internal communications and communicate more efficiently with other services, said Brig. Gen. Marshall K. Sabol, the Air Force director for manpower, organization and resources.

"This change will enhance our warfighting capability and help our communications both horizontally and vertically in the Air Force, as well as with those on the joint staff and the office of the secretary of defense," Sabol said.

"As we operate in deployed and joint environments, our communication will also be more effective and efficient."

The affected Air Force functions will be re-named and re-aligned so similar functions at all levels are referred to by the same name. Those same functional groupings will

closely match other services and the joint staff.

At Headquarters Air Force, the deputy chief of staff for manpower and personnel is now called "AF/DP." Under the reorganization, he will be referred to as "the A1." The A1 in the Air Force is responsible for plans and policies covering all military life cycles and civilian personnel management.

Changes at major commands and warfighter headquarters' levels that have not yet adopted the A-staff structure will follow suit by May 1. Similar functions at all levels will be "re-mapped" to nine standardized A-staff areas of responsibility. Those areas include: A1 - Manpower and Personnel; A2 - Intelligence; A3 - Air, Space and Information Operations; A4 - Logistics; A5 - Plans and Requirements; A6 - Communications; A7 - Installations and Mission Support; A8 - Strategic Plans and Programs and A9 - Analyses, Assessments and Lessons Learned.

By adopting this staff structure, the Air Force will eliminate the difficulty sometimes encountered when leadership at one headquarters attempts to contact functional counterparts at another headquarters.

Sabol said, there have been concerns in the field the reorganization would equate to job loss. The reorganization will neither create nor eliminate jobs, he said. What the reorganization will do is make it easier for Airmen to do their jobs, both within the Air Force and the joint environment.

"Whether you are at work, deployed or even working from home, this will make it easier for you to do your work," he said. "Wherever you are, you are going to know who to talk to and how to communicate."

As part of the A-Staff structure, the Air Force assistant vice chief of staff will also serve as the director of staff. This title allows for better association with the joint staff and other services. Retaining the assistant vice chief of staff nomenclature is required to fulfill the representational role the person plays in dealing with attaches and communication to foreign contingents while representing the chief of staff.

Not all functions of the Air Staff will be affected by the reorganization. The reorganization will not change special staff offices assigned to the Secretary of the Air Force and will not filter down to the wing level.





# Recruiting & Retention: Mission One

## Cheerleader becomes Soldier: Dreams become plans

STAFF SGT. PABLO RAVIZZOLI  
RECRUITING & RETENTION COMMAND

Alicia Creighton, once captain of her cheerleading squad, is a motivated Soldier with plans for a career and the tools and benefits to make it all happen.

Alicia, now 21 years old, grew up in a small town in Western Connecticut. She was an active child who spent much of her time outdoors. As early as the second grade, she became involved in the world of cheerleading. Over time, her hard work and dedication to her sport earned her the position of captain on her junior high school team and later, her high school team.

Cheering for football and basketball events as well as competing against other teams on the road, she continued to excel in her sport. Alicia's high school team was one that worked hard and worked together and it showed when she earned gold medals on both teams and individual events at a Junior Olympic competition in Ohio.

In her years of hard work and success, Alicia learned that being a part of a team that works together to achieve success was very important to her. She dreamed of one day moving on to a bigger team, with better challenges and bigger rewards.

She dreamed of being a Soldier.

After graduating high school, Alicia didn't really know what direction she would move in, or how to make her future plans happen. She decided to go to college and entered the Criminal Justice program. Once in the program she decided she was ready to add that much needed direction, as well as some adventure, some fun, some skills and lots of benefits to her life.

She contacted the Connecticut Army National Guard (CTARNG) to find out what the military had to offer on a part time basis. It turned out the CTARNG had too much to offer for her to miss out on. If she joined, her service would be comprised of one weekend a month (paying more than \$160/weekend at the rank of Private and more as promotions came), and a two-week annual training period every summer (at a monthly pay rate of more than \$1200 at the rank of Private and more as promotions came). They offered her two types of contracts, one with three years of active drilling and another with six.

The three-year contract would get her a tuition waiver at all the state colleges and universities in Connecticut. It would also get her up to \$4500 a year of Federal Tuition Assistance to spend on any other fees that her program incurred.

The six-year contract would offer her all of the same benefits, plus the G.I. Bill, which pays more than \$290 a month for 36 months (enough for four years of spring and fall semesters). If she qualified, she would also be offered the G.I. Bill Kicker, an additional \$200 a month.



Pfc. Alicia Creighton as a high school cheerleader. (Photo courtesy Pfc. Alicia Creighton. Inset: Creighton today.)

Then she heard about the signing bonuses. In Connecticut, 21 of the many disciplines available will pay \$6,000 in signing bonus and nine other skill sets will earn them a \$10,000 bonus!

With all these benefits to add up and the knowledge that the military provides life experience and skills training unlike any other organization, she knew it was the best opportunity out there. She signed up and shipped out to complete Basic Combat Training and Advance Training as a Communications Specialist.

She has since learned about her discipline, later she became a part of the recruiting force and even traveled to Germany, getting to know a new country and a new culture, while getting paid for it all.

Today, Alicia wears the rank of Private First Class. She is a dedicated Soldier working toward her goal of becoming a police officer and using all the Connecticut Army National Guard has to offer to help her dream become a reality.

When asked about joining the military, she says it is the "best thing I could ever do for myself," and "a great opportunity for any individual who is not quite sure about the direction they're going."

So, regardless of where someone's life has taken them, including to Ohio and back in a cheerleading career, if they want success but need some skills and lots of benefits, the Connecticut Army National Guard is filled with opportunities ready for the taking. 1-800-GO-GUARD.com

## Be a part of our future!

prepare soldiers of today to become tomorrow's leaders.

Train brand new recruits and prepare them for basic training.  
Train Split Option soldiers to maintain skills for AIT.  
Report for MUTA-4, garrison/range training environments.  
Motivated SPC thru SSG in good standing are encouraged to apply.



Earn promotion points!  
Take Total Army Instructor Training Course!  
Get Small Group Instructor qualified!  
Become a BN Representative and be a positive force in the CTARNG!

**RSP**  
recruit  
sustainment  
program

BN Representatives who are selected will drill with the RSP on 169th REG weekend.  
For info on application process, please contact SSG Rand at Recruiting/Retention:

wallace.randsr@us.army.mil **860.493.2777**



# Military Matters

## Official outlines voting guidelines for overseas citizens

Sgt. Sara Wood, USA  
American Forces Press Service

U. S. servicemembers and federal employees stationed overseas need to act quickly to request absentee ballots for this year's primary and general elections, a Defense Department official said.

This year, U. S. citizens will elect 34 senators, the entire House of Representatives, 37 state governors, and hundreds of state and local officials. Primaries begin in March, and the general election is Nov. 7.

To participate in their home states' elections, servicemembers and overseas citizens need to complete a Federal Post Card Application requesting an absentee ballot, said Scott Wiedmann, deputy director of the Federal Voting Assistance Program. The application needs to be completed and returned as quickly as possible, to give the local election office time to mail the ballot to the citizen and then time for the ballot to be returned before the state's deadline, he said.

"For the Federal Post Card Application, we recommend they send it in as early as possible in the year," he said. "Anytime that they move during that year, they should send another form in so the local election official has their address and the ballot will get to them in a timely manner."

All U. S. servicemembers, federal employees and their families, and U. S. citizens living overseas are allowed to vote in their home states under the Uniformed and Overseas Citizens Absentee Voting Act, Wiedmann said. This year's elections are especially important for servicemembers, because Congress controls many aspects of military life, such as housing, health care and retirement benefits, he said.

"It's important for them to exercise their right to vote and cast a vote for the individual they think will represent them best," he said.

Federal Post Card Applications are available from military voting assistance officers, who are part of every unit, and U. S. embassies and consulates, Wiedmann said. The forms can also be accessed on the Federal Voting Assistance Program's Web site, [www.fvap.gov](http://www.fvap.gov).

The Web site also offers instructions on completing the form. Servicemembers can receive

extra help from their voting assistance officers, who have access to the voting assistance guidebook, Wiedmann said. This guidebook has specific instructions for each state, including deadlines for registration and how to fill out the application form, he said.

The Federal Post Card Application has been improved this year, Wiedmann said. It's sealed better, so personal information can't be seen by anyone handling it, and there is a space for citizens to include e-mail addresses so election officials can contact them quickly if there's a problem with their forms, he said.

Generally, servicemembers' legal state of residence is what appears on their leave and earnings statement, Wiedmann said. He explained servicemembers must vote in that state unless they move and consciously change state of residence. For example, servicemembers cannot arbitrarily choose to vote in the state they are stationed in or the one they just left unless they have established residence there. A military legal office can answer questions about state of residence.

Federal Post Card Applications can be submitted by fax in many states, Wiedmann said, and some states allow ballots to be faxed. A few states are even e-mailing ballots to citizens, who print them out and mail them back, he said.

There are many ways for absentee voters to participate in elections, and the most important thing for these voters to do is communicate with their local election office, Wiedmann said.

"When that local election official is aware that there's an individual out there, especially an individual serving forward deployed in the armed services, they will do whatever they can to get that ballot to the individual," he said.

Individuals who used the correct means to request a ballot but the ballot doesn't arrive on time can use a Federal Write-in Absentee Ballot to vote, Wiedmann said. Federal Write-in Absentee Ballots are available at all military installations and U. S. embassies and allow citizens to write in their choice of candidates, he explained. These ballots will be counted just like a regular ballot when they are received.

Voting participation is higher among military members than the general population. Wiedmann said he believes that is because they know the value of the democratic process.

## MID-CAREER PLANNING

# HRO


Human Resource Office

### Who Should Attend

This course is for federal employees covered under the Civil Service Retirement System (CSRS) or Federal Employees Retirement System (FERS) interested in fully understanding the implications of benefits decisions made early in their careers. If you have 5 years of civilian service, you will benefit from attending this workshop. Applications will be made on DD Form 1556 and submitted to the Human Resources Office, Attn: Alyssa Russo, not later than Friday, 24 February 2006.

### Course Description

Don't wait until it is too late to plan for your retirement. Benefits, financial and investment decisions made now, in the beginning or the middle of your career, will have significant impact on your retirement. This course will enable you to understand the long-range implications and consequences of the decisions you make now on your benefits, your career and your financial future. Improve your financial and retirement outlook by getting important information you need now.



- Retirement Benefits under CSRS and FERS
- Health and life insurance needs and benefits
- Estimating your Social Security Benefits
- Investment techniques for long-range financial security
- Investing in the Thrift Savings Plan (TSP)
- Tax implications of benefits decisions
- Separation from service before retirement eligibility
- Implications of disability retirement
- Estate planning and wills

Dates:	March 21-22, 2006	Contact:	Alyssa Russo phone: 860 878-6713
Time:	0830-1600 hrs	Fax:	860 878-6711
Location:	Human Resource Office 555 Willard Avenue Newington, CT 06111-2693	email:	<a href="mailto:ayssa.russo@ct.ngb.army.mil">ayssa.russo@ct.ngb.army.mil</a>

The course will have a limit of 20 students


## Education Essentials: Meet the new NG Education Officer

This month has brought a lot of changes in the Connecticut National Guard education office.

First, we have a new Education Officer, Capt. Jeremy Lingenfelser. He is taking over for Capt. Paul Draper who is deploying to Afghanistan with the 1/102<sup>nd</sup> Infantry Battalion.

Next, there is a lot of work on a new Montgomery GI Bill benefit for veterans of the Global War on Terror known as the Chapter 1607 benefit. It is quite similar to the Chapter 1606 benefit for traditional guardsmen in that you must be an active, drilling member of the Guard, it is good for 36 months of education and you do not need to pay into it to receive benefits.

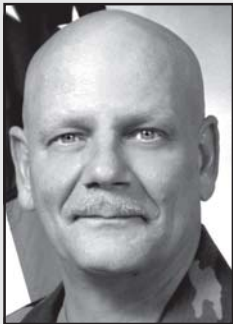
There are some pretty significant differences, though. First, you must have been deployed in the Global War on Terror. Next, it pays at a substantially higher rate than 1606 does depending upon the length of deployment. Finally, AGR Soldiers are eligible if they have not elected Chapter 30 benefits. For more information you can go to [www.gibill.va.gov](http://www.gibill.va.gov) or contact your local VA office.



To schedule an appointment for an ID Card or to update your DEERS information contact:

Senior Airman Amanda Douville at  
860-878-6725 or email her at  
[Amanda.douville@ct.ngb.army.mil](mailto:Amanda.douville@ct.ngb.army.mil)





COMMAND SGT. MAJ.  
RAYMOND P. ZASTAURY

# Enlisted Update

## And the beat goes on!

The 1/102<sup>nd</sup> Infantry Battalion Soldiers departed their armories for Ft. Bragg, North Carolina on Saturday January 7<sup>th</sup> in preparation for their deployment to Afghanistan. I visited with the Soldiers and their families briefly at the Branford and New Haven Armories late morning and early afternoon. My last stop that day was the Norwalk Armory where I visited with the Soldiers and their families and wished the Soldiers well as they departed on busses for Ft. Bragg.

Once again, members of the Connecticut National Guard, answer the call to the Global War on Terror. I am very confident that the 102<sup>nd</sup> Infantry Soldiers will perform their mission in an outstanding manner.

It is NCOPS Board season again. The Master Sergeant and Sergeant Major Board will have been completed by the time this issue of the *Guardian* is printed and distributed. The Sergeant First Class Board is scheduled for Feb. 14 – 16. The Staff Sergeant Board is scheduled for March 21 – 23. The Sergeant Board is scheduled for April 18 – 20. Enlisted Soldiers need to ensure their NGB Form 4100-1-R-E, the SIDPERS NCOPS DATA SHEET and NCOERS are completed and up to date.

At this time I feel it is very important to give an overview of the Noncommissioned Officer Evaluation Reporting System IAW AR 623-205 paragraph 1-9.

### 1-9 Overview

a. The Non Commissioned Officer Evaluation Reporting System (NCOERS) is designed to:

(1) Strengthen the ability of the NCO Corps to meet profession challenges of the future through indoctrination of Army values and basic NCO responsibilities. The continued use of Army values and NCO responsibilities as evaluation criteria provides and reinforces a profession focus for the rating chain's view of performance. Over time, this results in acceptance of the values and NCO responsibilities, better performance, and a stronger NCO Corps.

(2) Ensure the selection of the best qualified noncommissioned officers to serve in positions of increasing responsibilities by providing rating chain view of performance/potential for use in centralized selection, assignment and other Enlisted Personnel Management System (EPMS) decisions. The information in evaluation reports, the Army's needs and the individual NCO's qualifications are used together as a basis

for such personnel actions as school selection, promotion, assignment, military occupational specialty (MOS) classification, command sergeant major (CSM) designation and qualitative management.

(3) Contribute to Army-wide improved performance and professional development by increased emphasis on performance counseling. Evaluation reports provide the NCO formal recognition for performance of duty, measurement of professional values and personal traits, and along with the NCO Counseling Checklist/Record (DA Form 2166-8-1) are the basis for performance counseling by rating officials. Senior/subordinate communication is necessary to maintain high professional standards and is key to an effective evaluation system.

b. To ensure sound personnel management decisions can be made and that an NCO's potential can be fully developed, evaluation reports must be accurate and complete. Each report must be a thoughtful, fair appraisal of an NCO's ability and potential. Reports that are incomplete or provide a realistic and objective evaluation make personnel management decisions difficult.

c. A single report should not, by itself, determine an NCO's career. An appraisal philosophy that recognizes continual professional development and growth (rather than one that demands immediate, uncompromising perfection) best serves the Army and the NCO.

The DA Form 2166-8-1 is mandatory for use by the rater when counseling NCOs, Corporal through CSM. It is important for NCOs to ensure/require that their raters counsel them within the first 30 days of the rating period and semiannually thereafter.

Again, I ask all Connecticut National Guard Airmen and Soldiers to help our Recruiters (Army and Air), by providing them with leads, (names and phone numbers) of people that can become members of the Connecticut National Guard. The future of our organization depends upon our ability to increase our strength and to avoid losing force structure in the future. This will only be accomplished if we collectively make a positive impact on recruiting new members and retaining our current members. I challenge every Soldier and Airman, (Officer and Enlisted), to provide a recruiter with the name and phone number of someone that they encourage to become a member of our organization. The recruiters cannot accomplish their mission without your help.

# Promotions

## Air National Guard

### To Senior Master Sergeant

Kevin N. Cyr, 103 Log Readiness  
William J. Page, 103 Maint Sqdn  
Russell A. Wheeler, 103 Maint Sqdn

### To Master Sergeant

Mark A. Blanda, 103 ACS  
William H. Towers, Jr., 103 CES  
David T. Deskis, 103 Maint Sqdn  
Rodmen S. Hill, 103 Aircraft Maint Sqdn  
Peter M. Tenza, 103 SF Sqdn  
Scott, D. DelBuono, 103 ACS  
Sean M. Barry, 103 CES  
Roy A. Worcester, 103 Aircraft Maint Sqdn  
Michael A. Roy, 118 Fighter Sqdn

### To Technical Sergeant

Matthew W.J. Atwood, 103CES  
David M. Suprenant, Jr., 103 CES  
Steven M. Bava, 103 Comm Flight  
Louis R. Mafredi, 103 Comm Flight  
Jeanene M. MacDonald, 103 Log Readiness  
Thomas E. Sterlinng, Jr., 103 CES  
Walter L. Edwards, 103 Maint Sqdn  
Richard J. Mack III, 103 Comm Flight  
Walter J. Cichon, 103 SF Sqdn  
Rose I. Shaw, 103 Log Readiness

### To Staff Sergeant

Ryan T. Capega, 103 Maint Sqdn  
Amber R. Kaufman, 103 Maint Op Flight  
Jessica L. Roy, 103 SF Sqdn  
Brian S. Smith, 103 Aircraft Maint Sqdn  
James P. Rizdon, 103 SF Sqdn  
John H. Clarke, 103 SF Sqdn  
John P. Dufour, II, 103 Aircraft Maint Sqdn  
William R. Lamphere, IV, 103 Maint Sqdn  
Donovan A. Salzarulo, 103 Aircraft Maint Sqdn  
John C. Killingworth, 103 CES  
Conor M. Thomas, 103 Med Group  
Jason A. Hartwig, 103 Maint Sqdn

### To Senior Airman

Justin M. Kirchmeier, 103 Services Flight  
Michael C. Perina, 103 CES  
Jason W. Hickey, 103 CES  
Nicholas A. Calsetta, 103 CES  
Jared R. Abair, 103 Services Flight  
Joseph D. Startup, 103 CES

### To Airman 1st Class

Nichole D. Thomas, 103 Med Group

## Army National Guard

### To Master Sergeant

Charles A. Busscher, 1109th AVCRAD  
Pierre Paradise, JFHQ-CT  
Roddy Porter, 143rd MP  
Richard J. Maziarz, TSD  
Daniel Lawler, 143rd MP

### To Sergeant 1st Class

Richard Smith, 143rd MP  
Peter Leonardi, 134th MP  
Bruce Billouin, R&R  
Jeffrey Stopa, R&R  
Michael Siegel, R&R  
William Flynn, HHC 242nd Eng

### To Staff Sergeant

Dennis Lynn, 134th MP  
Jessica McKenna-Boski, 102 Army Band  
Mary Conklin, JFHQ-CT  
Nicholas Trahan, 248th Eng  
Steven Mays, Co G, 126 AVN  
Rory Dole, 250th Eng  
Matthew Needham, Det 1 Co G 104 Avn  
William Sampson, 250th Eng  
Javier Aponte, 141st Med Co  
Edward McCorkindale, 248th Eng  
Steven Masi, JFHQ-CT  
Ricardo Valle, Co G 126th Avn  
Michael Pane, HHC 242nd Eng  
Ross Aiello, TSD

### To Sergeant

Elvin Rios, Det 1 Co G 104th  
Robert Beamon, 134th MP  
Nicole Nacheber, 712th Maint  
Calvin Washington, D 1/102 INF  
Jonathon Healey, HHD 192 Chem  
Wayne Turley, B, 1/102 INF  
Stanley Wawrzonkiewicz, C, 1/102 INF  
Denni Cole, D, 1/102nd INF  
Ernesto Riosaoto, 248th Eng  
Andrew John, 248th Eng  
Michael Sotile, 248th Eng  
Joseph Deluca, 141st Med  
Jodi Faro, 102nd Army Band  
Carolyn Barr, Det 1 Co G 104th  
Everton Codling, 712th Maint  
Peter Phelan, HHC 242 Eng  
Renee Therrien, HHD 208th PSD  
Christopher Clark, HHC 1/102 INF  
Joseph Aparo, Jr., C, 1/102 INF  
Israel Casillas, C, 1/102 INF  
Shaun Thomas, B, 1/102 INF  
Michael Decora, 248th Eng  
Christopher Lacasse, 248th Eng  
Orthnel Johnson, HSC 118th Med  
Danielle Boucher, B, 143rd FSB





# Homefront

## In defense of Connecticut's children: Assisting Communities

The Connecticut Counterdrug Program has been assisting communities in Connecticut for many years now. Over that period we have had the great challenge and pleasure to work with children from all areas of Connecticut. As service members, we provide a unique asset to families and communities.

Our ability to interact with youth, promote a healthy lifestyle and provide sound decision making skills helps build the foundation that successful communities grow from.

Our current times are more challenging than ever with the status of world events and the ongoing obstacles that we face at home.

With every challenge that is presented to us, we face the opportunity to grow and change in a positive way. We look forward to rising to this challenge and creating ourselves in a manner that will allow us to reach a larger audience that is more pertinent to the community to which we belong.

An addition to the communities we have supported in the past, we look forward to

assisting our military community. Of course this cannot be done alone and there are other groups out there already assisting military families and especially deployed families, but we are proud to lend our skills where they are needed.

As change approaches, the Counterdrug programs from fifty four states and territories will unify to present a common front to support their military families as well as their current community audience.

A unified program is currently being developed to demonstrate our initiative and resolve. This program will roll out to the pilot states in the spring and then nationally in the fall.

But in the meantime we will drive forward with the spirit of the Counterdrug vision and we will be working hand in hand with the Family Program to deliver services to our own.

Our program is made of soldiers from units around the state. We have deployed and will deploy to the same locations that the rest of the state deploys to and at the same rates. We understand the challenges that being in the military presents. There are few jobs that ask you to leave home for a months to years

at a time.

We recognize that your willingness to serve a greater cause should be returned with the same honor, courage and respect and with that we pledge our resources and community partnerships to supporting you in any way possible.

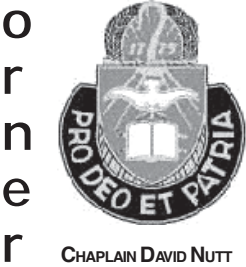
Through our experience, we know what it is like to raise a child as a single parent, raise a child while on deployment, the difficulty in finding competent child care, the strain of relationship separation, the financial burden and the many challenges that face your children.

You are not alone in this battle. We recognize that there are many agencies working to assist the military, and we are not a stand alone solution nor are we supermen flying in to save the day, rather we are a small piece that can help ease the everyday burdens you face before, during and after deployments.

We value your service, your commitment, your family's commitment and we pledge our efforts to supporting you and ensuring your ability to fulfill your obligations to your family and the military.



## Chaplain's *Being wounded spiritually*



CHAPLAIN DAVID NUTT

Everyone, whether they are religious or not has spiritual needs that must be cared for, attended to and help grow. These needs are the search meaning in life, hope, love, peace, comfort and strength. These needs are what keep our mind, personality, and physical body in balance. In stressful situations, these spiritual needs are threatened. In combat, these spiritual needs can be wounded just like a human body can be wounded. Yet, while physical wounds are obvious wounds to the spirit can go untreated until they cripple, or even kill an individual. The following are some of the signs and symptoms of spiritual wounds

- Guilt over past behaviors
- Grief or bereavement
- Life has lost its meaning or purpose
- Despair and hopelessness
- Anger and resentment blocking peace of mind
- Doubts or disbelief in God
- Fear or worry about death
- Life or God has treated you unfairly.

Healing  
You can't put a field dressing on a spiritual wound, so how can one be proactive in healing? Part of healing is first recognizing one has a problem. Every one can claim one or more of the above as a problem from time to time but if any of the symptoms on the above list last more than a week and interrupt your normal life to the point where

they make it hard for you to function, that's a good indication you have a wound that needs help. The following are some steps you can take help get you on the road to healing.

1) Acknowledge the problem and your pain; open to being with it; you don't have to approve of pain, but to best handle it, you need to experience it fully so that you are in a position to let go of it. Don't fight it or push it down but "ride it out" and direct it to where it doesn't hurt you or those around you. If you can, pick and choose the time and place for your pain to come forth. I your wound overtakes you then take a "time out" until you can function normally.


2) Realize that pain—along with pleasure—is a fundamental aspect of this world that we live in: it's a package deal—they come together.

3) Understand that lots and lots of folks have it as bad, if not much worse, than you do with exactly the same problem. Find those who been through similar experiences as yours and ask them how they handled their pain.

4) Muster up a little (or as much as you can) empathy for all those other folks; wish that somehow you could help them too. Empathizing with others takes the edge off your own pain.

5) Visualize yourself healed, happy and whole. Make that vision a prophecy to be fulfilled!

Finally the best way to heal is to seek help. *Don't go it alone.* Seek out your unit Chaplain, your pastor or clergy person, doctor, spouse or close friends. Let them know you have a problem and let them help you heal and find help. With the help and care of others you can be on the road to healing and wholeness.



### 12th Annual NGACT Conference and 2nd Annual NGACT Awards Banquet

**Saturday, March 25, 2006**  
Conference Registration & Continental Breakfast: 7:45 a.m.  
Awards Banquet: 6 p.m.

**Marriott Hartford-Rocky Hill**  
100 Capital Boulevard, Rocky Hill, CT

**Conference Keynote Speaker**  
To Be Determined

**Awards Banquet Keynote Speaker**  
To Be Determined

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#### NGACT Conference & Awards Banquet Registration

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Conference Registration:	\$20 (\$25 at the door)
Banquet Registration:	\$40 (Petite Filet Mignon & Baked Stuffed Shrimp)
NGACT Annual Dues:	\$6
NGACT Lifetime Dues:	\$60
EANGUS Annual Dues:	\$9
NGAUS Annual Dues:	Based on Rank
Total Amount Enclosed:	_____

Rooms are available at the Marriott for Friday and Saturday evenings at \$89 per night. Room reservation code will be sent upon receipt of conference registration.

Make checks payable to "NGACT" and send to NGACT Conference, 360 Broad St., Hartford, CT 06105-3795  
Email questions about the Conference and Awards Banquet to: [ngact2005@yahoo.com](mailto:ngact2005@yahoo.com)

**NGACT Working for You**



# Veterans' Assistance

## NGB, VA sign agreement

DANIEL McHALE  
STATE BENEFITS ADVISOR - CT

*Editor's Note: This is the first of a two-part article. Part II will appear in the March issue of the Guardian.*

In January, I was invited to attend the installation of Ms. Linda Walker, the new Director of the Department of Veterans Affairs, Hartford Regional Office.

Ms. Walker is responsible and accountable for administering, through a network of dedicated professional, Federal benefits to approximately 280,000 veterans and their families.

Ms. Walker will oversee compensation, pensions, vocational rehabilitation and employment programs and will work with State and local Veterans Organizations to provide the best possible services to satisfy the needs our veterans and their families. We wish her well and welcome her to our community.

I have been working very aggressively with the Dept. of Veteran's Affairs (VA) and I'm very impressed with the dedication and professionalism of the Field Rep's. Specifically John Lankford and Michele Will.

They have been very helpful in meeting the needs of the swelling population of Veterans in our State. They brief at all the SRP's, Demobs, and will participate in the 90 and 120 day follow-up meetings.

We have a continuously open dialogue and support each other efforts 100 percent. To them, it will always be an ongoing process to continually be there when needed.

I have attached the recently signed MOA that shows

the dedication and commitment the National Guard Bureau and the VA have mutually agreed upon to coordinated effort in order bring the best possible services to Veterans and their families.

Memorandum of Agreement between the National Guard Bureau and the Department of Veterans Affairs

1. Purpose. The purpose of this Memorandum of Agreement (MOA) is to define the mutually agreed upon requirements, expectations, and obligations of the National Guard Bureau (NGB) (which includes the Army National Guard (ARNG) and the Air National Guard (ANG)) and the Department of Veterans Affairs (VA) (which includes the Veterans Benefits Administration (VBA) and the Veterans Health Administration (VHA)) regarding the assistance for services and benefits to National Guard personnel returning from theaters of combat operation and separating from active duty.

2. Background. It is recognized that the Department of Defense (DoD) and VA are providing seamless transition services to veterans upon their return from Operation Enduring Freedom, Operation Iraqi Freedom, and other mobilizations in support of the Global War on Terror (GWOT). This MOA will focus on the services provided and augment the current ongoing and comprehensive efforts to ensure that our military veterans and their families are honored for their service to our nation and receive VA services and benefits they have earned.

## 2005 Legislative initiatives create new position

RUSSELL BONACCORSO

In long standing tradition of the State of Connecticut supporting the military, Governor M. Jodi Rell signed House Bill No. 7502 on July 5, 2005 that provides several initiatives in support of Connecticut service members, their families, and veterans. The legislation provides for two new financial benefits and the issuance of a Veterans Medal. The first of the financial programs is the Military Family Relief Fund (MFRF).

The MFRF provides grants to families of National Guardsmen, Reservists, and Active Duty service members who are currently on active duty. The program was designed to assist those families who have experienced extraordinary hardship due to the military commitment of the service member. The program extends to family members of all five branches of the armed forces; Army, Navy, Air Force, Marine Corps and the Coast Guard.

The second financial benefit created by the legislation is the Combat Zone Payment. Soldiers and Airmen of the Connecticut National Guard serving on active duty after September 11, 2001 are authorized to receive fifty dollars per month for every month deployed to a combat zone as designated by the President of the United States. The maximum benefit is \$500.00 in the guardsman's military career.

Another part of the legislation is the creation of the Connecticut Veterans Medal. The medal is to be issued to all residents of Connecticut who have served the United States honorably during times of war. The medal will be an antique or "brushed" bronze with the seal of the State of Connecticut on the front and the five official seals of the armed forces on the back. The medal was designed by Staff Sgt. Daniel Damon of the Connecticut National Guard.

Russell Bonaccorso has been hired by the Connecticut Military Department to administer these legislative initiatives. He has been an employee of the State of Connecticut for thirteen years, previously with the Department of Social Services, and is an Infantry major in the United States Army Reserve. To inquire about any of the programs, please contact Mr. Bonaccorso at russell.bonaccorso@us.army.mil.



OFFICERSCLUB OF CONNECTICUT

Hartford CT 860-249-3634

February 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
St Pat's Day Dinner-Dance March 17th			1	2 8:30 AM Bkds Lt Gov Sullivan 5 PM Cocktail Party Rep Chris Donovan	3 12 Noon Lunch Dept Mental Health	4 NATIONAL GUARD DRILL 1PM UConn men v Indiana 7PM UConn women v W Virg
5 NATIONAL GUARD DRILL SUPERBOWL PARTY 4 PM \$29 PERSON Halftime Buffet Giant TV screens	6 5-7 Reception Jeff Berger	7 8:00 AM Bkds Cathy Abromatis 5 PM House Democrats Reception 7 PM UConn women v Rutgers	8 8:00 AM Breakfast House Republicans 5 PM AIA Legis Reception open UConn men v Syracuse	9	10	11
12 3 PM UConn Women at Texas	13 Lincoln's Birthday (Celebrated) State Holiday Club Closed UConn men v Villanova 7 PM	14 Valentine's Day Bring your sweetheart for special lunch	15 7 PM UConn Women v Providence	16	17 Valentine Day Dinner/Dance Bruno Cerati at the piano/ Great Menu Res:249-3634 Limited seating	18
19 7PM UConn women v Notre dame	20 Presidents Day Federal/State Holiday Club Closed	21 7 PM UConn men v Notre Dame	22 7 PM UConn women at Syracuse	23 5-7 PM Reception Coke Mike Doyle	24	25 7 PM UConn Women vs Marquette
26 2pm UConn v Villanova	27 730 PM UConn Women at Rutgers	28	Lion King at Bushnell May 13 and June 1 Call Ginnie Scheller 282-0778			
O'Club Open for Lunch Daily 1130 - 2:00PM Bar & Lounge open at Lunch and 4:00 PM - Closing						

OFFICERS CLUB OF CONNECTICUT

PRESENTS

VALENTINE

DINNER-DANCE

Friday February 17, 2006

\$30 Per Person  
( plus tax & tip)

MENU

Caesar Salad: Romaine hearts, Parmesan Shard, Crouton Sticks,  
Lemon Caesar Dressing with Cold Large Shrimp

Entrees: Pan Roasted Herb Crusted Rack of Lamb with Cabernet Red  
Peppercorn Demi-Glace or  
Swordfish Oscar Grilled Swordfish w/ Lump Crabmeat, Finger Asparagus  
topped w/ Pink Bearnaise Sauce, or  
Breast of Chicken Stuffed w/ Lobster Meat Red Roasted Pepper  
Buerre Blanc  
Family Style Vegetables

Rolls

Coffee, Tea

Dessert: Heart Shaped Strawberry Mousse w/ Raspberry & Mango Puree

Romance & Dance to the music and singing of  
Bruno Cerati

at the magic Piano with Alex

Social Hour 6 - 7 PM  
Dinner at 7 PM

Reservations a must (860) 249 -3634 (Individual table  
service . Reservations limited to first 100 persons)

PUT SOME ROMANCE BACK IN YOUR LIFE.COME ON  
DOWN AND DANCE TO SOME SWEET MUSIC



# Guarding Your Rights

## Legal Affairs: *What's Ok, what isn't*

MAJ. TIMOTHY TOMCHO  
JAG OFFICE

With Valentine's Day rapidly approaching, it is appropriate to remind military personnel to avoid the public display of affection and to revisit Army fraternization policy, which is contained in Army Regulation 600-20, "Army Command Policy."

In a general sense the word, to "fraternize" is to associate with others in a brotherly fashion or, as a military term, it is to mix intimately with the people of an enemy or alien group, often in violation of military law. Essentially, as a military term, fraternization deals with inappropriate relationships between Army personnel and between Army personnel and personnel of other military services. As a policy, fraternization applies to different-gender relationships and same-gender relationships.

**Relationships between soldiers of different rank are prohibited if the relationship:** (1) Compromise, or appear to compromise, the integrity of supervisory authority or the chain of command. (2) Cause actual or perceived partiality or unfairness. (3) Involve, or appear to involve, the improper use of rank or position for personal gain. (4) Are, or are perceived to be, exploitative or coercive in nature. (5)

Create an actual or clearly predictable adverse impact on discipline, authority, morale, or the ability of the command to accomplish its mission.

**Certain types of personal relationships between officers and enlisted personnel are prohibited, even if they don't meet the above criteria. Prohibited relationships include the following.**

(1) Ongoing business relationships between officers and enlisted personnel. This prohibition does not apply to landlord/tenant relationships or to one-time transactions such as the sale of an automobile or house, but does apply to borrowing or lending money, commercial solicitation, and any other type of ongoing financial or business relationship. In the case of Army National Guard or United States Army Reserve personnel, this prohibition does not apply to relationships that exist due to their civilian occupation or employment.

(2) Dating, shared living accommodations other than those directed by operational requirements, and intimate or sexual relationships between officers and enlisted personnel. This prohibition does not apply to marriages that predate the effective date of this policy (March 1, 2000) and personal relationships outside of marriage between members of the National Guard or Army

Reserve, when the relationship primarily exists due to civilian acquaintanceships, unless the individuals are on active duty (other than annual training) or Full-time National Guard duty (other than annual training).

(3) Gambling between officers and enlisted personnel.

These prohibitions are not intended to preclude normal team building associations which occur in the context of activities such as community organizations, religious activities, family gatherings, unit-based social functions, or athletic teams or events. In any relationship between soldiers of different grade or rank the senior member is generally in the best position to terminate or limit the extent of the relationship. Nevertheless, all members may be held accountable for relationships that violate this policy.

Commanders should seek to prevent inappropriate or unprofessional relationships through proper training and leadership by example. Should inappropriate relationships occur, commanders have available a wide range of responses.

In all cases, it is best to consult with your assigned Judge Advocate.



## NGACT: Working for you



The National Guard Association of Connecticut is pleased to present the recipients of the 2005 NGACT Scholarships. Each student received a \$500 scholarship.

**Justin T. Krusko** is the son of Maj. Tim Krusko of Joint Force Headquarters - CT. He is a junior at the University of Dayton, majoring in Engineering. Justin is an Eagle Scout and is a member of the Flyer Pep Band at the University of Dayton. He has been a summer intern at Kaestle Boos Associates, Inc. and played on their softball team.

**Michael R. Swift** is the son of Col. John P. Swift III of the 103<sup>rd</sup> Fighter Wing. He is a freshman at The University of Michigan majoring in Aerospace Engineering with an eye towards pursuing a masters degree in transportation design. He has been active in sports, the National Honor Society, Physics and Chemistry Clubs and Student Senate. He has served as a Peer Mediator and helped plan and run a local Congressional debate, and volunteers in a local soup kitchen.

**Karen M. Mamczynski** is the daughter of Sgt. 1<sup>st</sup> Class Joanna Mamczynski of Joint Force Headquarters - CT. Karen is a freshman at the University of Connecticut pursuing a Bachelor's Degree in Accounting. Karen served as secretary of both the Spanish Club and Adventure Club at Newington High School. She has been involved with World of Difference, which teaches elementary school students about discrimination, the Key Club and served as a Jefferson House Volunteer. She received the Superintendent's Outstanding Student Award. She has also been a member of her high school's Drama Club, Math League, Student Council, Youth Leadership Club and Diversity Club.

**Joyce S. Lozinski** is the daughter of CWO (Ret) James Lozinski. She is a sophomore at Dean College in Massachusetts majoring in Liberal Studies with a concentration in Communications. She founded Soldier Care Packages in 2004 which provided care packages for deployed members of the Connecticut National Guard. Her efforts resulted in thousands of dollars worth of donations and the postage necessary to get the packages overseas. She is involved with Emerging Leaders, Student Ambassadors and the Resident Housing Association at Dean College. While in high school, she served as an intern for Congressman John Larson.

**Henry A. Garcia** is the son of Anne-Marie Garcia of the 141<sup>st</sup> Medical Company (GA). He is a freshman at the University of Rochester, N.Y. studying Genetic Engineering and Microbiology. In high school he was active with the Drama Club, school newspaper, Marching Band, Symphonic Band, Wind Ensemble, Cross Country Team and the National Honor Society. He has also volunteered as a DEFY Camp Counselor and SafeGUARD counselor for a number of years. He was also a participant in the UConn Co-op for Superior High School Students and was an Honorable Mention Finalist National Hispanic Recognition for PSAT.



WAYNE E. TRAVERS JR.  
CTESGR PUBLIC AFFAIRS OFFICER

Every military unit has a mission, and it should be no surprise that as part of the Department of Defense, Employer Support of the Guard and Reserve has a mission, too. Our mission is "to gain and maintain support from all public and private employers for the men and women of the National Guard and Reserve as defined by demonstrated employer commitment to employee military service."

To accomplish that mission, we need the help of employers and employees to understand their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), which was enacted Oct. 13, 1994, and specifies the employment and reemployment rights of all uniformed service members.

These rights under USERRA extend to persons who have to leave a position of employment because of "service in the uniformed services," which means the performance of duty on a voluntary or involuntary basis in a uniformed service, including active duty, active duty for

## Accomplishing the Mission

training, initial active duty for training, inactive duty training, full-time National Guard duty, absence from work for an examination to determine a person's fitness for any of the above types of duty (such as a military physical) and funeral honors duty performed by National Guard or reserve members.

One of the first steps in accomplishing ESGR's mission is to educate employers and employees alike about what protections USERRA affords service members, including:

- Prohibiting discrimination against the Guard or Reserve member because of military service
- Protecting a members' right to continued company benefits
- Ensuring the members' participation in a company retirement/profit sharing plan — even while on military duty

Additionally important is for employees to understand what qualifies them for USERRA protection. To be eligible for this protection, a service member must:

- Hold a position of employment
- Leave that position of employment for the purpose of military service

· Provide advance notice - written or oral (unless prohibited by military necessity)

· Be away from that position for no longer than five years cumulative absence (with the exception of required training for reservists and National Guard members, such as the two-week annual training sessions and monthly weekend drills mandated by statute for reservists and National Guard members)

- Serve under honorable conditions
- Ensure a timely return to his/her civilian job

As always, the Connecticut Committee for Employer Support of the Guard and Reserve is available as a resource for employers and employees alike, as is our Web site: [www.esgr.org](http://www.esgr.org).

Next month: "Talking with Your Boss."

Visit the  
**Connecticut  
Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



# Inside OCS

## Connecticut OCS: A realistic job preview

OC TIMOTHY KIBODEAUX  
OCS CLASS 51

As a Soldier, have you ever said to yourself, "I would've done it this way, not his/her way"?

If so, the Connecticut Army National Guard's Officer Candidate School may just be what you're looking for, but be prepared to work for those gold bars. Well, you didn't expect that they would just hand them over to you because you think you have what it takes to lead troops?

Connecticut's Army National Guard OCS is a federally recognized program that offers Soldiers and non-Guard members who qualify, the opportunity to prove to the OCS Staff and themselves that they have what it takes to lead troops into combat, because in today's day and age, that is most likely what they will be required to do.

This year OCS has permanently adopted Warrior Training beginning in Phase One and continuing until the commissioning ceremony in July. This differs from previous classes in that the Army has realized all of its officers need to be able to understand and execute leading troops in small unit battle tactics, to securing enemy occupied

buildings. The United States Army has recently opened its doors to Ranger training to officers in all specialties (male personnel only). Their reasoning is that it will enable you as a leader to better accomplish your mission and save the lives of your soldiers and you.

Now for the "Realistic Job Preview" as promised. If the above sounds like something you are interested in, be forewarned: You must be both physically and mentally fit. Being of selfless nature is something that they look for, and they can tell if you are faking it.

Be ready to do things that you do not want to do and that do not make any sense to you. This is not a program that you just survive and make it through the weekend. You will be 100% dedicated and rise above and beyond the standard, or you will not make it through the program. It is that simple. You will be constantly evaluated, even when you think nobody is watching you specifically.

Did I mention that all of this is done while the Tactical Instructors are simulating the stresses encountered in war with an endless barrage of yelling and fragmented

information, forcing you to adapt and overcome? There aren't any stress cards to hold up, this is the real deal. If you can't make it through the dedicated, professional OCS staff, then you have no chance of making it as a leader.

If you chose to accept the challenge of becoming a leader in the Connecticut Army National Guard, you will be afforded knowledge and rewards that cannot be matched anywhere. You will learn how to manage people and equipment.

Through fragmented orders and sleepless nights at OCS, you will master multi-tasking and forward thinking that is necessary to have in any profession that requires personnel management.

Today's civilian employers are looking for military officers to fill management positions in virtually every field imaginable. So if you are looking for something that resembles a mini-MBA program and will teach you the skills needed to lead, do not hesitate to take the OCS challenge.

For further information, I may be contacted at 203-415-1945, or timkibodeaux@aol.com.

## Have you recruited anyone today?

**Recruiting is everyone's responsibility.**

**Contact your unit today to find out what positions are available and help find someone to fill them.**

**You are the best advertisement for the Connecticut National Guard.**

**Call  
1-800-716-3550**

## Why Diversity?

### New SEEM introduces self, responsibilities

CAPT. AMY FLYNN  
SEEM

I would like to take this opportunity to introduce myself as the new State Equal Employment Manager (SEEM).

There are many things I hope to accomplish in this position, however, first and foremost I want to increase awareness as to what exactly the State Equal Employment Manager is and does.

As I excitedly describe my new position to fellow military members, I am often met with the response, "What is the SEEM?"

Based on that response, I would like to outline the responsibilities of the position. More important, however, is to let fellow members know that the SEEM is available to assist them in a variety of areas.

The SEEM manages the Adjutant General's program to sustain a comprehensive effort to maximize human potential based solely on merit, fitness, and capability to support mission readiness.

The SEEM is a neutral party and advises employees and supervisors alike.

To accomplish this mission the SEEM is responsible for the following programs:

- Monitor the command climate to assist employees in maintaining and creating positive, healthy work environments
- Manage the Equal Employment Program

for the full-time Military and Civilian technicians

- Manage the Equal Opportunity Program for AGR and Traditional guard personnel.
- Direct and manages EEO Counselors for the full-time technician force
- Work with Equal Opportunity Advisor's and Equal Opportunity Representatives in the units and the Human Resource Equal Opportunity Officer
- Develop, conduct, and assist with training for full-time, M-Days, and Traditionals
- Monitor the Adjutant General's EO, sexual harassment, homosexual, and work place violence policies
- Manage Army and Air National Guard Discrimination Complaint Process
- Manage the Employee Assistance Program
- Direct the Prevention of Workplace Violence Program
- Direct and manage the Special Emphasis Program
- Monitor and report military demographic data
- Analyze and report military and civilian statistical reports

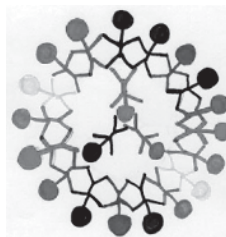
The SEEM is here to assist Connecticut National Guard employees in many ways, by offering assistance to:

- Understand what Equal Employment Opportunity entails

- Provide training in any of the above areas
- Provide advise
- Prevent illegal discrimination and determine if it is a problem
- Prevent sexual harassment and determine if it is a problem
- Advise employees of their rights and responsibilities under EEO
- Answer questions about dealing with an employee and/or supervisor
- Maintain and create a positive healthy work environment

The SEEM can be contacted at: (860) 878-6718, Human Resources Office, 555 Willard Avenue 2W, Newington CT, 06111, or via Email: amy.flynn@us.army.mil

**For  
deployment-  
related  
questions call  
1-800-858-2677**



## INFORMATION

**Security Begins With You!**

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and emails appropriately. Practice good computer security when accessing the Internet. Our enemies are unlike any we've encountered before. Don't let them win with information that is lost or stolen.



# Health & Fitness



## Medical Notes

EXCERPTS FROM ARTICLE WRITTEN BY ELLEN KUWANA  
NEUROSCIENCE FOR KIDS STAFF WRITER  
USED BY PERMISSION

Researchers looked into the health benefits of chocolate. They found substances in chocolate that could activate cell receptors directly or indirectly, thus causing a feeling of well-being (euphoria).

One compound in chocolate is anandamide, which is already produced in your brain. If anandamide is already in your brain, then why don't you feel happy all the time? Well, anandamide is broken down quickly, so it isn't around long in your brain to make you smile. But chocolate may extend the feelings of well being. Research indicates that there are two chemicals in chocolate which inhibit the natural breakdown of anandamide. This may be a reason why we like to eat chocolate! And dark chocolate contains more of these compounds than milk chocolate.

Eating a bar of chocolate will not make you feel giddy or "high." This may be because anandamide and the two compounds that enhance its effect are short-lived and localized in the brain. THC activates many receptors throughout the brain, so it has a much larger effect. Chocolate's effect is limited because



## Chocolate healthy?

anandamide is not present all over the brain.

There may also be other explanations for the feelings caused by chocolate. There are many other components in chocolate that may play a role in its popularity. Eating chocolate may be pleasurable because of a unique interaction among a few of its components.

Chocolate also contains phenylethylamine, a chemical related to amphetamines. Like amphetamines, this chemical causes blood pressure and blood-sugar levels to rise, resulting in a feeling of alertness and contentment. Phenylethylamine has been called the "love-drug" because it quickens your pulse, as if you are in love. Caffeine in chocolate may also cause feelings of alertness and a pounding heart. Other stimulants in chocolate include theobromine and methylxanthines. These caffeine-relatives are weaker than caffeine—you'd have to eat more than 12 Hershey bars to get as much caffeine as there is in one cup of coffee. All of these stimulants increase the activity of neurotransmitters in the brain.

Whatever the true reason for chocolate's popularity, scientists will continue to investigate the sweet mysteries of cacao. In the meantime, grab a bar for yourself and a box for your Valentine.

Life is sweeter with chocolate.

## Combating Substance Abuse: *Why do we want a substance free workplace?*

CW4 Tony Uva  
SA PREVENTION EDUCATION OFFICER

Substance abuse has cost employers some one hundred billion dollars annually. This figure includes lost productivity, theft, accidents, social and health care costs. Of all workplace substance abusers, who test positive, 52 percent are daily users. They are responsible for more accidents, more injuries, a greater discipline rate, they use more sick leave, and have more unexcused absences than anyone.

The abuse of drugs and alcohol is so widespread in our modern day society it affects all of us in many ways. Substance abuse leads to committing crimes, and its costs are so overburden to our already financially strapped health care system. A recent poll indicated that public concerns remain high about this drug abuse problem, and according to this poll, drug abuse rates second only to violent crime as the issue that Americans consider the most serious facing our nation. Drug abuse in the military jeopardizes our effectiveness and combat readiness.

We need to address this issue in all segments of our communities, especially the workplace. The workplace is the only consistent arena where we have our adult population as a captive audience and can influence their attitudes about drugs and alcohol. In this arena we can provide information and resources to help them and their families, and we can also intervene on

those in need of help.

Substance abuse is a "bottom-line issue" for employers, and no workplace is immune to it. Employers have a vested interest in eliminating the problem by implementing drug and alcohol free programs. The Connecticut National Guard guidelines are simple. The intent is to prevent substance abuse among the workforce and within the workplace, and where a problem may exist, to encourage soldiers and airman to seek help in overcoming their problem. To accomplish this we have an active and full continuum of substance abuse education materials, and also prevention, intervention and treatment resources.

Our Substance Abuse Assistance Program, which operates in a confidential manner, has been established to provide counseling and referral programs to those individuals seeking assistance. Additional information is available on line at [www.211infoonline.com](http://www.211infoonline.com)

The Connecticut National Guard has an outstanding alcohol and drug testing program which is used to detect and deter illicit drug and/or alcohol use or abuse. This program reassures managements position on the consequences for a military member using, selling or possessing drugs or alcohol in the workplace and on job performance, safety and the responsibilities of its employees.

All employees should know what is expected of them and what they can expect. If you feel that you or some other military member has a substance abuse problem, please use your chain of command for guidance.



## 12th Annual NGACT Conference and 2nd Annual NGACT Awards Banquet

Saturday, March 25, 2006

Conference Registration & Continental Breakfast: 7:45 a.m.  
Awards Banquet: 6 p.m.

Marriott Hartford-Rocky Hill  
100 Capital Boulevard, Rocky Hill, CT

Conference Keynote Speaker  
To Be Determined

Awards Banquet Keynote Speaker  
To Be Determined

### NGACT Conference & Awards Banquet Registration

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Conference Registration: \$20 (\$25 at the door)  
Banquet Registration: \$40  
(Petite Filet Mignon & Baked Stuffed Shrimp)  
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NGACT Working for You



DEPARTMENT OF THE ARMY  
CONNECTICUT ARMY NATIONAL GUARD  
MEDICAL COMMAND  
CAMP RELL, BLDG 23  
NIANTIC, CT 06357  
TEL (860) 691-4257

## 4th CT Annual Army / Air National Guard Conference

COL Robert Nett Hall, Camp Rell, Niantic CT

Saturday, 8 April 2006

0800 - 1500

### Speakers:

*Who is psychologically fit? Anxiety, Depression and ADD*  
Philip Dingmann, M.D.; MAJ, MC; 118<sup>th</sup> A.S. Medical Battalion

*Infectious Diseases in Iraq*  
Richard Young, M.D., LTC / MC  
State Surgeon, CT Army National Guard

*Health services in Iraq*  
LTC Robert Cody and Robert Ramonas, R.N., B.S.N., CPT, ANC  
CT Army National Guard and Walter Reed Army Medical Ctr.

*The Literature of Soldiers in Iraq*  
Elizabeth Samet, Ph.D., Professor of English  
U.S. Military Academy, West Point, NY

*The Bird Flu Epidemic*  
John Shanley, M.D., Professor of Medicine, Univ. of Connecticut School of Medicine  
Farmington, CT

*Dirty Bomb: Are we prepared?*  
Mark Schultess, P.A.; MAJ / MS  
14<sup>th</sup> Civil Support Team

*Challenges in Medical Recruitment*  
Kevin McMahon, LTC / MSC  
CT Army National Guard

Sponsored by Recruiting and Retention Command, CT National Guard

Program accredited for 4.5 hours of Continuing Medical Education

Information: SFC Susan Burns (860) 691-4257



# Commentary

## A letter to Connecticut National Guard Senior NCOs

We are preparing for the National Guard Association of Connecticut's (NGACT) annual meeting to be held on March 25, 2006 at the Hartford Marriott Hotel in Rocky Hill, CT.

I have previously written articles over the last two years expressing my concern about the very poor attendance of Senior Noncommissioned officers at this meeting which is most important for the welfare of our Soldiers and Airmen. We, as senior NCOs, can make a difference and I sincerely hope that you will support the efforts of NGACT.

You have an opportunity to express your support by just showing up. The only excuse for not showing up is deployment. If you are drilling that day, delegate responsibilities to your junior NCOs! Give them the opportunity to lead! If you are home, you should be there!

The benefits our two associations can reap for us are immeasurable. NGACT and the Enlisted Association of the National Guard of the United States (EANGUS) can access the Congress and State Legislatures to provide the additional benefits or Guard men and women are entitled to. However, the only way our associations can obtain benefits is by the number of Guardsperson enrolled in our associations. Politicians look at numbers!

I ask, no I plead, that all senior NCOs of our Army and Air Guard attend this meeting. I ask, no I insist, that you play your part in taking care of Soldiers and Airmen.

The meeting should be packed with every Army Guard Command Sergeant Major, Sergeant Major, First Sergeant, Master Sergeant and Sergeant First Class. It should be packed with every Air Guard Command Chief, Chief Master Sergeant, Senior Master Sergeant, First Sergeant and Master Sergeant.

As I have indicated in my last two letters I would not enjoy our Soldiers and Airmen losing benefits. You can make the difference! You can take care of Soldiers and Airmen! After all, YOU are Senior Noncommissioned Officers!

ANTHONY V. SAVINO  
COMMAND SERGEANT MAJOR (RET)



## Nurturing the future, grooming Airmen for success

ALIBASE, Iraq (AFPN) — What does taking care of your troops mean to you? Does it mean giving in to every want, concern or need?

To me, it means to give the troop everything he or she needs to be successful. After all, they are the Airmen who will replace today's leaders, and we owe it to them to make sure they are prepared. Troops need education, discipline, opportunities and role models.

Education is important to our young and upcoming Airmen. In some ways, they are already smarter than us. Don't believe me? Grab a young Airman and a VCR, IPOD and computer and find out who gets at least two out of three working first.

Our Airmen need mentors to be competent and confident in their duties and the lifestyle of the Air Force. The philosophy I have been brought up with is to get qualified and/or certified on your duties first and then knock out your career development courses. These simple actions make new Airmen a valuable member of the team — a member who can be relied on to complete any task or assignment they are given.

Challenge Airmen with the opportunity of off-duty education after they are duty-qualified and have proven themselves competent. This will not only benefit the Air Force but will make the Airmen more productive because they are doing something for themselves. With formal education, their thinking becomes clearer and their ability to communicate is enhanced, often times reducing the workload of the supervisor. I don't mean do the supervisor's work. Even if they make a career out of the Air Force, at some point they will need to close that chapter in their life and walk into the civilian world. What a great feeling it is to know you've helped them along the way.

Troops also need discipline. When most people hear the word discipline they immediately think of the old sergeant chewing out a troop or Airman Smith standing in front of the commander's desk receiving some form of administrative action. Unfortunately, there are times when these things are necessary and these actions aren't taken lightly. These actions can often be avoided if supervisors are actively engaged with their troops and encourage conduct that warrants rewards instead of punishment.

The side of discipline that goes unnoticed is the reinforcement or reward side. It doesn't take a lot of time to give a deserving Airman a pat on the back, type a quick thank you note or letter of appreciation, or say thanks for a job well done in front of their peers and supervisors. Little things, such as these are money in

the bank for the leader who recognizes the individual's efforts and sets a marvelous example for the Air Force.

As Airmen grow they need opportunities to enhance their skills. They need to be allowed to stumble, but not fall. Some experiences are best learned from failure and serve as a test of character. This is a fine line that supervisors need to monitor. Supervisors do not necessarily have to be right over the shoulder, but close enough to step in if things start to go off course or situations move too fast for the troop.

Experience is the best teacher; troops learn what to do and what not to do. Give them the opportunity to succeed. Even if they fail, they should have learned something that makes them a little smarter and little more prepared for the next time. No leader or supervisor has gotten where they are by being perfect.

Education, discipline and opportunities are all important, but to make sure Airmen understand the path, they need a map. They need role models. Often the role model is the immediate supervisor or trainer, but this is only the tip of the iceberg. Granted, supervisors may spend more time with the individual, but anyone who has more rank or time in the service automatically becomes a role model, and that's not always the best thing.

Positive role models are vital not only for the Air Force to complete its mission but to set the tone of what is expected from troops as they grow into the Air Force family. Supervisors and leaders need to set a positive example because the higher we move up the chain of command the more we are looked at.

United States Air Forces Europe Command Chief Master Sgt. Gary Coleman told a group of new chief master sergeant selects: "Welcome to the top 1 percent. You are now living in a fish bowl. People will be watching you just to see what you do. They don't mean to but they do. Because of the stripes you wear, you are the 'know all' of everything in the Air Force, and what you say and do will be considered gospel to some."

In a nutshell, there are good role models and bad ones; both can be positive learning experiences for the new Airman. They learn what not to do from the bad role models, and from the good ones they learn to do what is right.

So, what does taking care of your troops mean to you?

CHIEF MASTER SGT. JAMES B. ERWIN  
407TH EXPEDITIONARY SECURITY FORCES SQUADRON

### COMMISSARY & EXCHANGE DIRECTORY

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.

AIR NATIONAL GUARD	CAMP ROWLAND POST EXCHANGE	WEST POINT, NEW YORK	SUB BASE, NEW LONDON
East Granby		Exchange Hours:	Exchange Hours:
TUESDAY – FRIDAY:	MONDAY: Closed	SATURDAY – WEDNESDAY:	MON., TUES., WED.,
10:00 – 5:00	TUESDAY – SATURDAY:	10:00 – 6:00	FRI.: 9:00 – 6:00
SATURDAY: 10:00 – 4:00	10:00 – 5:00	THURSDAY & FRIDAY:	THURSDAY: 9:00 – 7:00
SUNDAY & MONDAY: Closed	SUNDAY: 10:00 – 4:00	10:00 – 7:00	SATURDAY & SUNDAY:
UTAs: Open Saturday &	Phone: (860) 739-9672	Phone: (914) 446-5406	9:00 – 5:00
Sunday: 10:00 – 5:00		Commissary Hours:	HOLIDAYS: 9:00 – 4:00
Phone: (860) 653-6994		MONDAY: Closed	Phone: (860) 694-3811
COAST GUARD STATION	COAST GUARD ACADEMY	TUESDAY & WEDNESDAY:	Commissary Hours:
120 Woodward Avenue	New London	10:00 – 6:00	MONDAY: Closed
New Haven, CT	MONDAY – FRIDAY:	THURSDAY: 10:00 – 7:00	TUE., WED. & FRI.: 9:00 – 6:00
MONDAY – FRIDAY:	9:00 – 5:00	FRIDAY: 10:00 – 6:00	THURSDAY: 9:00 a.m. – 10:00 p.m.
9:00 – 4:30	SATURDAY: 9:00 – 3:00	SATURDAY: 9:00 – 5:00	SATURDAY: 8:00 – 5:00
SATURDAY: 9:00 – 2:00	SUNDAY: Closed	SUNDAY: 11:00 – 5:00	SUNDAY: 10:00 – 5:00
SUNDAY: Closed	Phone: (860) 444-8488		
Phone: (203) 468-2712			



## Retirees' Voice

### 2006 NDAA mixed bag of good, bad news

Sgt. 1<sup>st</sup> Class (RET.) JOHN BEDNARZ

We haven't received too much good news with the enactment of the National Defense Authorization Act for fiscal 2006.

They put a moratorium on the privatization of the commissaries until 2010 and Section 575 allows Gray-Area Retirees to travel on Space-A flights on the same basis as retirees who have reached age 60 and are receiving retired pay.

Neither the paid-up coverage for SBP after thirty years and age 70 or the elimination of DIC/SBP offset was adapted.

I read that according to a Department of Defense spokesman the TRICARE benefit for those under 65 is "extremely rich" and they need to shift more costs to the retiree. The DOD is seriously planning some changes so as not to be "at the breaking point, a crisis, where we have to cut something out."

Although no proposals have been presented, the spokesman painted a picture that some changes will be proposed.

Such things as 'means testing' which means if you make more, you pay more. DOD plans to raise cost shares, deductibles and enrollment fees for TRICARE Prime and Standard and the fees would start increasing annually by the cost of medical inflation starting in 2009.

It seems they are asking our military to help fund TRICARE for Life.

The DOD Healthcare folks keep comparing our healthcare system with the civilian workforce. They forget that for the military, healthcare was a benefit payable in the future as well as during our service as promised. Now that we have received the best cost of living increase in ten years, they seem to be looking at how they can take it back.

We need to catch our Congressmen's ear and let them know that we are not, as the

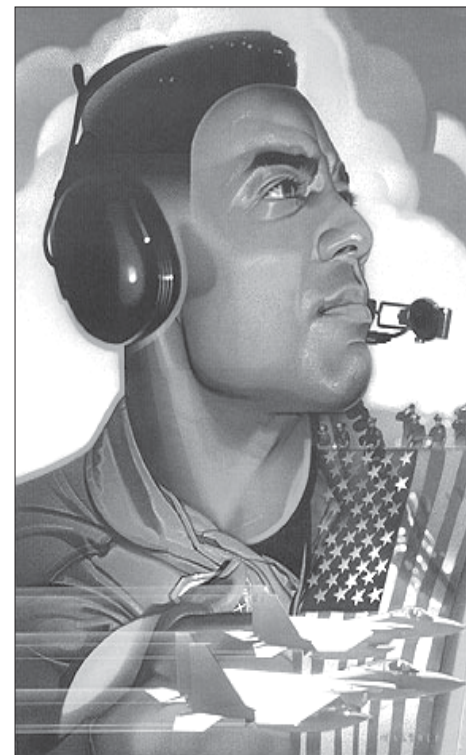
Pentagon seems to believe, looking to compete with weapons programs for their dollars.

The Pentagon needs to ask Congress for funding for arms and ammunition and also for the care of its personnel and retirees, who provide, and have provided twenty to thirty years of unique service and sacrifice to their country.

Instead of taking it from the pockets of our service personnel and retirees they should ask Congress to support those programs that our Congress People have prescribed.

I wonder if they have considered what these changes, and proposed changes will do for the morale of the troops, and how they would eventually affect recruiting and retention and in the long run, our readiness.

Contact Sgt. 1st Class John Bednarz at [ctguardian@ng.army.mil](mailto:ctguardian@ng.army.mil)



**INFORMATION**  
Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our enemies are unlike any we've encountered before. Don't let them win with information. Protect your secrets. A safe world.

**2nd Louie** By Bob Rosenburgh



**PVT. MURPHY'S LAW**  
By SFC Mark Baker

**IN RANKS INSPECTION:**  
WHAT DO WE HAVE HERE, A CANNON LANYARD?

PULL

SNAP

WELL, SOLDIER, WHAT DO YOU HAVE TO SAY?

BOOM?

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# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Aircraft Mechanic (3 positions)	AASF	WG-12	Feb. 6, 2006
Heavy Mobile Equipment Repairer	CSMS	WG-09	Feb. 10, 2006
Operations & Training Spec. (Indef)	TSSD	GS-09	Feb. 16, 2006
Training Technician (Indef)	TSSD	GS-07	Feb. 16, 2006
Aircraft Mechanic	AVCRAD	WG-10	Feb. 16, 2006
Automotive Worker	FMS 5	WG-09	Feb. 21, 2006
Heavy Mobile Equipment Repairer	FMS 7	WG-08	Feb. 21, 2006
Materials Examiner & Identifier (Indef)	AVCRAD	WG-07	Feb. 22, 2006
Heavy Mobile Equipment Repairer (3)	UTES	WG-09	Feb. 22, 2006
Budget Analyst	AVCRAD	GS-09	Feb. 22, 2006
Aircraft Mechanic	AASF	WG-10	Feb. 22, 2006
Electronic Integrated Sys Mech (2 Indef)	AVCRAD	WG-12	Feb. 22, 2006
Human Resources Assistant (Indef)	HRO	GS-07	Feb. 23, 2006

## Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Staff Accountant	103rd FW	GS-11	Feb. 8, 2006
Sheet Metal Mechanic (Aircraft)	103rd FW	WG-10	Feb. 8, 2006
Accounting Technician	103rd FW	GS-07	Feb. 13, 2006
Airplane Flight Instructor (Indef)	103rd FW	GS-13	Feb. 6, 2006
Electronic Integrated Sys. Mechanic	103rd FW	WG-12	Feb. 22, 2006
Aircraft Survival Flight Equip Repairer	103rd FW	WG-09	Feb. 22, 2006
Human Resources Assistant (Indef)	HRO	GS-07	Feb. 23, 2006

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Training Officer	118th Med Bn	2LT-CPT	Open AGR Statewide
Training Officer	242nd Eng Bn	2LT-CPT	Open AGR Statewide
S-1	242nd Eng Bn	2LT-CPT	Open AGR Nationwide

## Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Sheet Metal Mechanic (Aircraft)	103rd FW	E-2 to E-6	On Board AGR Only
Staff Accountant	103rd FW	E-9 & Below	On Board AGR Only
Accounting Technician	103rd FW	E-6 or below	On Board AGR Only
CAT 1 Production Recruiter	103rd MSG/MSF	E-4 to E-6	Open AGR Nationwide

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

For Bradley Airbase BRAC Information, vist the  
NGACT Website at  
[www.NGACT.com](http://www.NGACT.com)

# Coming Events February

## February 3

Black History Month Celebration  
CANCELLED

## February 8

643rd MP Send-Off Ceremony  
**February 8**  
Connecticut General Assembly Opneing Day

## February 12

141st Medical Company Freedom Salute  
Lincoln's Birthday

## February 14

Valentine's Day

## February 15

NGACT Executive Board Meeting

## February 20

Presidents Day

# March

## March 2

Veteran's Lobby Day - LOB

## March 4

208th PSD Freedom Salute

## March 5

B/D 189th Avn. Freedom Salute

## March 5-8

EANGUS Legislative Workshop

## March 8

NGACT Executive Board Meeting

## March 17

Women Veterans Reunion, Rocky Hill  
St. Patrick's Day

## March 24

EANGUS Area 1 Caucus

## March 25

NGACT Annual Conference & Awards Banquet

# In future issues

Football Program leads to Conference Title

Connecticut Guardsman Becomes Senior  
Enlisted Advisor for Reserve Affairs in Iraq

Recruiter Enlists Wife in Guard

Transformation Series Continues

Deadline for submissions is the 15th of the month  
previous to publication.





If you're in the CT National Guard, help us to strengthen the force and be compensated.

Recruit someone who ships to Basic Combat Training. **Get paid \$2,000**

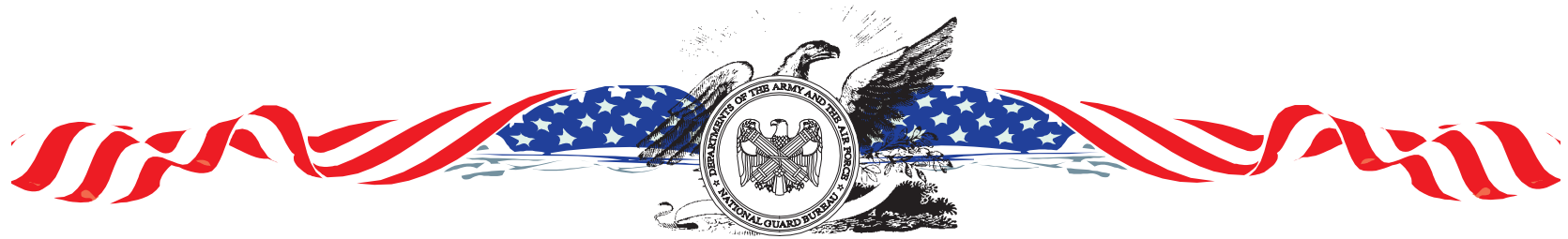
Call for info or visit the website 860.524.4897 [www.guardrecruitingassistant.com](http://www.guardrecruitingassistant.com)



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# Family Deployment Supplement to the Connecticut Guardian

VOL. 7 NO. 2

HARTFORD, CT

FEBRUARY 2006

## Married to the Military: Spouses need own identity

SAMANTHA L. QUIGLEY  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 19, 2006 – Military life is full of ups and downs. But for it to be a more positive experience, military spouses have to know themselves, Amberlynde Graham said.

Graham has been a married nearly six years to a Navy fire controlman - he operates, maintains and repairs weapons systems' control mechanisms.

In that time, the couple and their four children — the youngest is now 22 months old — have had six changes of station in five states and gone through two deployments. They are currently stationed in San Diego.

Through the moves and separations, her enthusiasm for military life has not been dampened. She attributes this to sense of self beyond her role of military wife, she said.

"If you don't now who you are, you can't be a military wife," Graham said. "Not a happy one anyway."

Those with jobs or volunteer positions are much more likely to successfully weather deployments and separations than those who live only for their husbands, she said.

"If you don't know who you are when your husband's there, what are you going to do when he's gone?" she asked. "You're going to have (periods of separation), . . . and you can't sit there eating ice cream and crying the entire time. You have those days, trust me. But you can't do it all the time."

While Graham stays home with her children, she has a clear picture of who she is apart from military life.

Her journalism degree from the University of Texas has served her well as an editor for an outdoor sportsman magazine, a job she does from home. She's also in contract negotiations with a publishing company regarding a novel she's writing.

She also wishes that others knew who she and other military wives are. People often believe that when a woman marries into the military, she's the "little wife" and will never be anything else, Graham said.

"It bothers me, the negative connotation (that) follows all of it: You can't be your own person," she said. "There's no reason why anybody has to let that happen." She suggested spouses seek help from service family assistance centers to further their education or find a fulfilling job.

Higher visibility of spouses satisfied with their military lives would go a long way toward dispelling stereotypes and misperceptions, she said.

"The spouses everybody sees are the housewives dragging four kids to the commissary screaming at them," Graham said. "The reality is that I've met . . . literally somebody from every single walk of life."

Just because a military spouse has her own career and identity doesn't mean she doesn't have to deal with issues related to military life, though. Graham has had to answer her children's questions about where Daddy is

and when he'll be home. Sometimes the answer isn't what a child wants to hear.

Graham's daughter is in elementary school and had a solo in her school's Christmas program this year. Her father missed it for the second year in a row because he was at sea.

Graham said her husband works to make the time he does spend with the children count.

The children also realize the importance of what their father does, she said. "You take them to the ball games and stuff, and my daughter — she's 7 — she'll cry at the national anthem already," Graham said, noting that the children's father, uncle and grandfather have all served in the military. "So, I think, as they've gotten older they've actually had more respect for (military service)."

Graham and her husband recently decided that he would become a career sailor. She said the decision made sense after they compared military and civilian pay and benefits for similar jobs.

"If you look at the cash on the paycheck, it doesn't come out to much," she said. But, after comparing salaries, housing and health insurance costs in the civilian world, it was an easy call, she said. "We actually make more than someone with a degree in his field (in the civilian sector)," she said.

While the majority of her life in the military has been good, there have been some true frustrations for Graham. Getting her degree was a challenge, she said, and her husband's



*Amberlynde Graham has been a Navy wife for nearly six years. She said through six changes of station and her husband's two deployments, her enthusiasm for military life has not been dampened. (Photo by Samantha L. Quigley, American Forces Press Service)*

deployments have sometimes made her a single parent.

These frustrations, along with the good times, are all part of military life, Graham said. And with the knowledge that she is more than what her husband does for a living, she is enjoying that life.

## Family Deployment Survey needs your input

The National Guard Bureau is requesting the assistance of the States in compiling data pertinent to the issues associated with the affects of deployments on children and families. This data will be used in an ongoing effort to provide better programs and services for our service members and their families as we continue our participation in the Global War on Terrorism (GWOT). Please take a moment to answer these questions to help us in the effort. Although the paragraph below cites an approximate survey time of 15 minutes, we found that it took far less time to complete.

Please share YOUR story regarding the impact of deployment on your family, how military and community resources best support you through a deployment, and how all affect the service member's decision to re-enlist. You may respond to the survey at the following URL: <http://www.AdvancedSurvey.com/default.asp?SurveyID=29890>

The survey will take approximately 15 minutes to complete. Information about the survey and who to contact with questions is contained in the opening paragraphs.





CATHERINE GALASSO

## Free yourself of fear and worry

In times of worry, nervousness or stress, it is hard to keep our minds thinking right about anything. It is a part of our hectic age that pressures upon pressures seem to accumulate and build up. However, what helps me in moments of distress is that I know that God will take care of me and that He keeps His promises.

There is nothing greater than that promised word, "I will never leave you, and I will never forsake you." He loves each one of us enough to find us, no matter where we are. He comes for His own.

When I am concerned about a situation, I must stop and pray, knowing that God's word says that whatever I pray for, if I believe I will receive it, then then I will, if it is for God's glory and according to His will. Fear and worry can keep us awake all night, but prayer and faith makes one soft pillow.

Let us rest in that promise of Romans 8:28: "And we know that all things work together for good to those who love the Lord and are called according to His purpose." For that reason, let's have faith that the condition that is causing us anxiety and discomfort will change, and then we begin to amend that situation, first by conquering uneasy feelings with faith and action. I know that 2 Corinthians 4:18 says, "So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal."

Let's overcome any feelings of tension and worry, with faith and trust, always trying to envisaging those good things happening just around the corner. A reader wrote via e-mail, "In these days with all the stresses in the world, it's just so easy to give up and think of only the bad as opposed to each day being a new beginning."

On one occasion, I was so fearful of something bad happening, that it almost

did occur. Nevertheless, when I prayed for, believed and visualized promises coming to pass, guess what? Deliverance followed.

Sometimes, wonderful opportunities come disguised as problems. God knows how to get our attention and many a time He is testing our reaction as He sits back, watching intently with great love, and knowing that certain afflictions bring out the tremendous fiber of assurance, faith and character.

When we suffer difficulties, we grow and learn to view adversity with the eyes of faith, which draws us into the embrace of the Father, and gaining renewal. If we hold steady when disturbing situations do arise, they teach us valuable and important lessons. These challenges are opportunities to grow. The more we gain wisdom and knowledge from them, the more equipped we are to handle any situation or circumstance that we may face.

When we have gone as far as we can go, keep hope alive. That's when God steps in and performs miracles. Do not worry, fret not, God meets every desperate need. "I steer my bark with hope in my head, leaving fear astern." Thomas Jefferson.

My dear readers, never fear. God's promises are true. He will draw near to us, as we draw near to Him. And we grow strong in Him, for His love has no limit and His grace has no measure.

God is the confidence that will always see us through. He can fill our hearts with peacefulness as we look to Him. Therefore, when anxious care come our way, let's trust in the Lord with all our heart, think on Him and read His word for I know that it is written, "Thou will keep him in perfect peace, whose mind is stayed in Thee, because he trusts Thee." Isaiah 26:3.

We are praying for you, dear Soldiers.

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [anewyou@snet.net](mailto:anewyou@snet.net) © Catherine Galasso, 2006*

## Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2006 scholarship program. This year the foundation will award a total of four scholarships.

1. A single \$3000.00 scholarship honoring SGT Felix Delgreco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.
2. Three \$2000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.

Application forms may be found on the Foundations web site at: [www.ctngfoundation.org](http://www.ctngfoundation.org)

### Additional Information:

1. Complete application packets must be postmarked no later than **15 May 2006**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form and completed package to:

CTNG Foundation Inc.  
Attn: Scholarship Committee  
360 Broad Street, Hartford Armory  
Hartford, CT 06015

5. Please contact the foundation at (860) 241 1550 or e-mail [ctngfi@sbcglobal.net](mailto:ctngfi@sbcglobal.net) for further details.

Visit the  
**Connecticut Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



## HANDYPERSON HOTLINE



"CARRYING THE HOMEFRONT"

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TOBY P. CORMIER**  
Ph: 860-441-2984  
Cell: 860-209-0770  
[toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil)



## National Guard Association of Connecticut announces 2006 Scholarship Program

The National Guard Association of Connecticut (NGACT) proudly announces the 2004 scholarship program. The following persons are eligible to apply for a scholarship:

- a. NGACT Members.
- b. Unmarried sons and daughters or grandchildren of NGACT members.
- c. Spouses of NGACT members.
- d. Unmarried spouses and unmarried dependent sons and daughters or grandchildren of deceased NGACT members who were members in good standing at the time of their death.

Honorary, Associate and Corporate membership alone does not qualify any of the persons listed above for eligibility to apply for a scholarship.

Scholarships will be awarded in an amount based on available funds for the upcoming school year. Applicants must be enrolled as a full-time or part-time student at an accredited college, university, trade school or business school. Graduate students are not eligible for scholarships.

Awards will be sent directly to the recipient with each check made payable to the recipient's choice of school. To receive the awards, verifications will be required to the effect that enrollment has commenced or will commence.

There shall be no consideration in selecting the awardees of a scholarship because of friendship, rank or grade of the applicant, applicant's parents/grandparents or applicant's spouse. Awards will be made on the basis of scholarship, character, leadership and need.

All applications will be accompanied by the following:

- a. A transcript of high school credits and a transcript of college credits for applicants already in institutions of higher learning.
- b. A letter from the applicant with personal, specific facts as to his/her desire to continue his/her education and why financial assistance is required.
- c. Two (2) letters of recommendation verifying the application and giving general information & personal traits that would make the applicant a desirable recipient. These letters should ideally be from a community leader, ministers, elected officials, etc.
- d. One (1) letter of academic reference (should be from a principle, counselor, dean or professor).

If the recipient does not complete the school term for which the scholarship is awarded, due to any cause other than sickness, physical injury or military deployment, the recipient will refund the award to the National Guard Association of Connecticut within sixty (60) days from the date enrollment was terminated.

All scholarship applications will be sent to the NGACT Scholarship Committee, NGACT, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. Each application will be reviewed for completeness and forwarded to the scholarship committee. Applications must include all materials.

Deadline date for all applications for scholarships will be observed in all instances. The deadline for submitting applications is 30 June 2006. Applications must be postmarked NLT 30 June 2006.

Scholarship Committee. The President of the NGACT will appoint a committee and a chairman. The remainder of the committee will be structured to ensure to include at a minimum of five members, at least two ARNG and two ANG.

Applications are available on line at [www.ngact.com](http://www.ngact.com)



## America Supports You: Silver Star Families honor wounded

SAMANTHA L. QUIGLEY  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 26, 2006 – "Silver Star Families of America" has one focus: America's war wounded.

"Our main mission is to make sure that the wounded of our armed forces are remembered," the group's founder Steven Newton said.

Newton, of Clever, Mo., founded the organization April 1, 2005, to establish a service banner that recognizes wounded American servicemembers of all conflicts. The idea was patterned after Gold Star Wives of America and Blue Star Mothers of America Inc. — groups that recognize spouses of servicemembers who die on active duty and the parents of children in the military, respectively.

Newton said he has made strides in initiating legislation to get the Silver Star banner recognized by Congress.

"I've been fighting this battle for a couple of years . . . to get the government to recognize it as an official banner," he said. "I've talked to the military . . . but it has to be an act of Congress."

While SSFA waits for the legislation to work its way through the system, it's already distributing certificates of appreciation and Silver Star banners to wounded veterans, Newton said. The banners can be requested from SSFA and, with reasonable proof of injury and adequate funding to provide them, they're issued.

If funds were to run short, the organization would present a certificate and tell people to buy the banner on SSFA's Web site,

Newton said. However, "We've been very fortunate that we have had not had to turn anybody down," he said, adding that hundreds of banners have been sent out.

The profits from what is sold or received in donations are put right back into SSFA, so the group can continue its mission. No money is kept for overhead, Newton said. Newton, a former police chief with both Navy and Marine Corps active-duty service, uses the profits from sales of "The Old Sergeant," a book he authored, to pay for banners.

SSFA considers assisting wounded veterans in any way possible another part of its mission, Newton said. Mostly this means that when a banner is sent, a case of goodies is sent either to the individual or to the hospital where the servicemember is recuperating. The package is filled with donated books, CDs, phone cards and other items SSFA receives.

The organization, seeking nonprofit status, provides information on how to donate on its Web site. Currently, SSFA operates with "Soldiers' Angels," another troop-support organization founded by an SSFA member.

SSFA's 60 members take special pride in their goal to support America's wounded veterans, Newton said. "The medals fade away and tarnish, but there was nothing to make the country remember the blood sacrifice," he said. "If (Americans) drive by a (Veterans Affairs) nursing home or a hospital and they see that silver star (banner) and that makes them remember about the wounded, we've done our job."



## Military spouse scholarship applications being accepted

The National Military Family Association (NMFA) is now accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarship. Any uniformed service spouse active duty, retired, National Guard, Reserve, or survivor — studying toward professional certification or attending post-secondary or graduate school is encouraged to apply. For more information and to download an application, go to [www.nmfa.org/scholarships2006](http://www.nmfa.org/scholarships2006).



# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Ms. Tamara Jex

Manchester Armory  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286  
Capt. Lauri Tinelle & Mrs. Andrea Lathrop

103rd FW, Bradley ANG Base  
Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

Norwich Armory  
38 Stott Avenue, Norwich, CT 06360  
(860) 883-6934  
Mrs. Andrea Lathrop

103rd Air Control Squadron  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983 Charlie and Jane Solomon

Windsor Locks  
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096  
(860) 386-4045 Mrs. Rita O'Donnell

Hartford Armory  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty,  
2LT Claude Hibbert, and Staff Sgt. Jessica McKenna-Boski

Volunteers are needed in each facility.

Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:

[kim.hoffman@ct.ngb.army.mil](mailto:kim.hoffman@ct.ngb.army.mil)

Please visit our Website at [www.ct.ngb.army.mil/family](http://www.ct.ngb.army.mil/family)

## Kids Creative Corner

Help Cupid guide his arrows to the hearts of true love at the end of the maze. Be careful not to land at a deadend. Good Luck!



## Jokes and Riddles

Share these Valentine funnies with your friends and family for a guaranteed laugh and all around good time.

Q: What did the boy bird say to the girl bird?

A: Let me call you Tweethart.

Q: What kind of flowers do you never give on Valentine's Day?

A: Cauliflowers!

Q: What did the stamp say to the envelope on Valentine's Day?

A: I'm stuck on you.

# Happy Valentine's Day

Kid's Creative Corner is now being constructed by Pfc Tammy Foular of the Connecticut National Guard Public Affairs Office. Email suggestions or comments to: [tammy.m.foular@us.army.mil](mailto:tammy.m.foular@us.army.mil)